

HIPFiSHmonthly

the columbia pacific region's free alternative

Volume 15 Issue 181
February 2014

2014
FISHER POETS
Gathering

WE



THEATER

A TWO-PART Q&A Special on the LOWER COLUMBIA PACIFIC THEATER COMMUNITIES

**Get NUDE
Downtown**
@ Astoria 2nd
Sat Art Walk

STAND UP! STORIES

*The Clatsop
County Dems
invite you to
an afternoon of
community
connections.*

**MARCH 8 @
The Event Center
in Astoria**


**FLASH CUTS
2014 OSCAR
Predictions**



**Plus ...
An Election
101 Primer**

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"Ya hear That Coal Train Comin?" The Real Fake Johnny Cash Does.



THIS FEBRUARY, Friends of the Columbia Gorge, in coordination with the POWER PAST COAL coalition and with the volunteer participation of Counterfeit Cash, released an **online music video called "Coal Train Blues,"** viewable on Friends' YouTube channel.

A melodic, clever, visually rich take on a serious issue, the video addresses the **damage to Gorge lands and water** from current levels of coal transportation by rail and the threat posed to the Columbia River and Gorge communities by pending coal export proposals that would transport up to an additional **100 million tons of coal** through the Gorge annually.

With new lyrics written by Friends' staff, the classic Cash song **"Folsom Prison Blues"** is **transformed** into an energetic message about the dangers of current coal traffic, the greed and indifference of the energy companies backing the three remaining coal export proposals, and **the importance of defeating these proposals before the coal trains become a constant presence in the Gorge** and much of the Pacific Northwest.

The video also pays tribute to grass-roots activists who consistently packed auditoriums and expo centers in Oregon and Washington during public hearings in 2012 and 2013, and shows glimpses of Washington-side Gorge communities whose residents live along or near the railroad tracks on which trains are currently carrying coal. The health and economies of these communities stand to be further negatively impacted if the coal export proposals are approved.

Coal export opponents go into 2014 with momentum: the public has turned anti-coal, and only three of the original six export proposals remain. Unfortunately, **Big Coal's invested heavily in their big plans and are not going to give up easily.** Watch the video, watch again, take time to learn about the issue.

As "the real fake Johnny Cash" sings: **"If we don't pull together, we'll always hear the sound of clicking, clacking coal trains, Pacific Northwest bound."**

BENEFIT LECTURE CONCERT: Rex Ziak and Andrew Emlen February 8 • 7pm "Letters, Lies and Love: The Mozart Story"



MOZART lived for 35 brief years, composed more than 600 works and changed music forever. Because of his amazing artistic outpouring, he will always be remembered as one of the world's greatest artists. However, equally intriguing is his life story—from his childhood until death—which happens to be a romping, twisting tale of success and defeats—romance and conflict.

Fortunately, the story of his life is captured, auto-biographically, through family letters. The Mozart family wrote letters by the hundreds and through these personal correspondences we can gain insight into their private pleasures, humor, anger and fears. These letters reveal a Mozart no one knows.

Rex Ziak has created a unique lecture that follows Mozart's entire life and gives the audience a compelling overview of the story behind this genius. Accompanying Rex, in this special presentation, is cellist Andrew Emlen who will create a live soundtrack to Mozart's life story.

This one hour presentation is perfect family entertainment and education. Whether you are musically inclined or just enjoy a good story about a compelling genius, there will be something here that will leave you amazed. Come and enjoy this event and if you so wish, contribute to a medical expense fund for Iris Sullivan Daire and family (of the Blue Scorchers Bakery/Café).

Grace Episcopal Church Sanctuary 1545 Franklin, Astoria Oregon Doors open at 6:30 PM



6th Season Winter Children's Theatre 2014

Show Dates: Feb. 21st -23rd,
28TH- Mar. 1st-2nd &
7th-9th
Fri. @7:00pm Sat & Sun.
@2:00pm



4th Annual REAL LEWIS & CLARK STORY 2014

(Or...How
the Finns
Discovered
Astoria!)

Auditions: Sun. Feb 16th 6-2pm &
Mon. Feb 17th 6pm

Show Dates: April 4th-6th,
11th-12th & 18th-19th

Fri. & Sat. @7:00pm & Sun. @2:00pm

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ticket info call

ASOC Box Office: 503-325-6104

North Oregon Coast Birth Professionals Present:

A WEEKEND OF BIRTH STORIES at KALA

March 22-23, 2014



Saturday March 22

6pm ~ Meet the Birth Professionals & Film

"Birth Story: Ina May Gaskin & The Farm Midwives"

This feature-length documentary shares the story of midwife Ina May Gaskin and her colleagues' fight to return birth to women and their families. From the Farm Clinic heyday to present, the film documents childbirth as most have never seen it; unadorned, unabashed and awe-inspiring.

• **Complimentary refreshments will be served. No Host Wine & Cocktail Bar. Tickets at the door. Suggested donation: \$10**

Sunday March 23

12pm ~ Sacred Birth Sharing Circle

This intimate event will provide a safe space to share your experience and find new meaning to your birth story. Open to all women passionate, curious or contemplating birth and motherhood.

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www.facebook.com/oregoncoastbirthwarriors.

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FISHERPOETS GATHER FOR 2014



Traditional end to the gathering, the Poetry Competition. Erin Fristad, Moe Bowstern, Hillel Wright and Joel Brady-Power.



Award-winning British Poet Katrina Porteous

POET AND Historian Katrina Porteous makes her inaugural debut at FPG 2014. In correspondence with FPG, she has been eager the last 5 years to attend. She'll

be bringing with her, BBC national radio producer Julian May. Porteous has lived in her grandparents' house on the Northumberland coast, since 1987, is a freelance writer, who has also made her living working with fishermen and fisherwomen, been on dayboats catching salmon, sea trout, shellfish,

white fish and herring, mended gear, and produced numerous collections of poetry and prose on the fisher peoples of the Northumbrian fishing community, and Durham Coast.

A graduate of Trinity Hall, Cambridge (1982) she studied at Berkeley and Harvard Universities in the USA on a Harkness Fellowship. Porteous is President of the Northumbrian Language Society. Producer, May comes from a fishing community himself. While attending the festival, he'll be recording events, characters and atmosphere of the Gathering.

It aa' tummels oot in a roosty shoower;
The nets unraffle wi' clouds a stoor.
Ye're varnigh scumfished afore ye can caal
For the becket, the brailor, the ripper an' aa'
The whuppin's an' leashin's aback a the waa' —
By, lad, she's a reight Taggarine-man's haal!

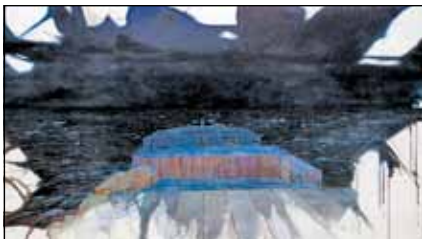
Katrina Porteous, from dialect poem "The Wund an' the Wetter" Iron Press 1999

Fisher Poet Exhibit at Imogen The Sea Provides

IMOGEN GALLERY hosts *The Sea Provides* an exhibition by two professional artists/fishermen, **COREY ARNOLD** of Portland, Oregon and **MARTIN MACHADO** from San Francisco. This exhibition is held in conjunction with the 2014 FisherPoets Gathering and in honor of the importance of maritime industries to our region. The exhibition opens **February 8th for the Astoria Second Saturday Artwalk with a reception from 5 – 8 pm**, followed by an artist/welcoming reception held **Friday, February 21st from 4 – 7 pm**, to kick off the full weekend of events scheduled for FisherPoets Gathering. Light bites and beverages will be provided by the Astoria

Coffee House and Bistro for both events. Exhibitions will remain on display through March 4th. Imogen is located at 240 11th St.

Longtime friends Corey Arnold and Martin Machado have many



Martin Machado "Night Watch On The APL Japan" gouache and oil

things in common. Besides enjoying successful careers as artists, they both share a love of the sea and have made their living from dual careers, maintaining a constant connection to the world's oceans. *The Sea Provides* will be the first time Arnold and Machado have exhibited their work together. Arnold whose chosen medium is photography brings a



Corey Arnold "Icy Bow" c-print

collection of images from his many years spent working as a commercial fisherman and photographer, working virtually around the world. This series will be specific to his time spent on the Bering Sea. Machado a commercial fisherman and merchant marine, shares through painting and drawing, imagery inspired by life traveling around the world aboard a freighter as well as summers spent fishing in Alaska.

FISHERPOETS GATHERING 2014

Admission Buttons \$15. Students under 18 free. Buttons available at each venue, at Lucy's Books, at KMUN's Tillicum House and at the FisherPoets Gathering Gearshack 229 14th St between Marine and Commercial, next door to Gimre's Shoes.

FRIDAY, FEBRUARY 21

Noon to 10:00 p.m. at the FisherPoets Gathering Gearshack

"Voices from the Tidelands" A glimpse into the experience of geoduck farming in South Puget Sound through photographs and stories of several growers. Silent Auction items on display. Fisherpoets' CDs, books, chapbooks, art work on sale.

2:00 to 4:00 p.m. at Astoria American Legion Post 12

"Remembering the Salvage Chief" Photos and history and crew members' stories with Don and with Dave Floyd.

3:00 to 5:00 p.m. at the Columbian Theater

"Commercial Fishing Film Festival 2014." The greatest moments of commercial fishing through the best of user-generated content, the finest of videography and raw adventure. With Dave Clark.

4:00 to 7:00 p.m. at Imogen Gallery

"The Sea Provides" An exhibition by professional artist/fishermen Corey Arnold and Martin Machado. Artist reception.

5:30 to 10:00 p.m. at FisherPoets Gathering venues, scheduled readings. Wet Dog Café, Voodoo Lounge, Clemente's, Astoria Event Center, Fort George Lovell Showroom, KALA Gallery

10:00 p.m. until late at the Wet Dog Café

From Gloucester, Massachusetts, the "Souls of the Sea Trio" in concert

10:00 p.m. until late at the KALA Gallery

Fisherpoetry continues at the Gathering's Open Mic

SATURDAY, FEBRUARY 22

9:30 to 10:45 a.m. at the Columbia River Maritime Museum

"Red Sky at Morning" Climate Change, the Oceanic Crisis and an Ethical Response with activist Kathleen Dean Moore, philosophy professor Oregon State University.

"Knots and Lines" Learn common, useful bowlines, hitches and splices with Dano Quinn and Jon Broderick. Beginners welcome.

9:30 to 10:45 a.m. at the Barbey Maritime Center.

"How to Write a Poem in 4D" A practical writing workshop with fisherpoet Sierra Golden, winner of North Carolina State University's 2012 American Poets Prize, using diction, details, description and direction to craft poetry about work.

11:00 a.m. to 12:30 p.m. at the Columbia River Maritime Museum

"Nurturing the Spirit of the River" Addressing threats to the health of the Columbia River with Columbia Riverkeeper's Brett VandenHeuvel and Alexa Wiley. There is great hope to restore the Columbia, including salmon spawning in habitat above the Grand Coulee dam and new laws to dramatically reduce toxic pollution. But the Columbia is threatened by massive industrial export terminals that could bring over 1400 supertankers of LNG, coal, and oil down the river each year. Presentation features live music from Alexa Wiley, photos, short videos, and stories from those working for a healthy Columbia.

"The Dedliest Catch" A songwriting workshop with Alaskan folk musician and fisherpoet John Palmes.

11:00 a.m. to 12:30 p.m. at the Barbey Maritime Center

"That Story You've Wanted to Tell" a workshop for those who've never written and for seasoned writers feeling stuck with fisherpoet Erin Fristad.

2:00 p.m. to 3:30 p.m. at the Astoria Event Center

Story Circle. Fishermen and women compare tales, true mostly, of adventures working on the water. Host Jay Speakman.

1:00 to 4:00 p.m. at Astoria American Legion Post 12

"Remembering the Salvage Chief" Photos and history and crew members' stories with Don and with Dave Floyd.

3:30 to 5:30 p.m. at the Columbian Theater

"Commercial Fishing Film Festival." The greatest moments of commercial fishing through the best of user-generated content, the finest of videography and raw adventure. With Dave Clark.

5:30 to 10:00 Scheduled readings at FisherPoets Gathering venues.

Wet Dog Café, Voodoo Lounge, Clemente's, Astoria Event Center, Fort George Lovell Showroom, KALA Gallery

10:15 to 11:00 p.m. at the Astoria Event Center

On site poetry contest. Rules to be announced during the FisherPoets Gathering.

11:00 to close at the KALA Gallery

FisherPoets Dance hosted by Dinah Urell and Nancy Cook

SUNDAY, FEBRUARY 23

9:30 a.m. at the Astoria Event Center

Gospel sing along. Just for fun.

10:00 a.m. to noon. at the Astoria Event Center

Readers' Farewell Mic. Five short minutes more from lingering fishpoets before we say "So long."

HIPFiSHmonthly

Nov 13

CULTURAL CALENDAR
& the month day by day 4-19

NEWS & FEATURES . . . 5 - 15

- STAND UP STORIES /COMMUNITY EVENT . . . 8-9
- Landslides and Land Sales: A Connection? . . ART LIMBARD 10
- COVER FEATURE . . . URELL 11-12
- KATHRYN CLAIRE @ KALA/NEW RELEASE . . 13

COLUMNS

Steve Berk . . . 6
THEATER . . . 16
ART HAPPENS . . . NUDES DOWNTOWN 17
WORD/Literary EVents . . . 19
FLASHCUTS KANEKUNI 20
BIKE MADAME . . . HAMMITT-MCDONALD . . 21
FREE WILL ASTROLOGY . . . BREZNY 21
NETWORK COMMUNITY LISTINGS . . . 22
BODIES IN BALANCE ERFLING ND 24
SONJA GRACE MESSAGES . . . 24
WORD & WISDOM . . . NASON 24
CHEW ON THIS . . . MYERS 25
FOODGROOVE . . . 26

KALA is the groundfloor gallery and performance space located at the production office of HIPFiSHmonthly. We proudly collaborate with local and regional artists in a presentational format. KALA is the Finnish word for fish.

HIPFiSHmonthly is located at 1017 Marine Dr in Astoria.

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**MARCH
HIPFiSH
ON THE RACKS
FRIDAY MARCH 7**

Cover Design: Les Kanekuni
Cover Photo: Dinah Urell

MARQUIS ANNOUNCES R E - E L E C T I O N

Clatsop County District Attorney Josh Marquis has filed for re-election.

"This is the job I love and the job I intend to keep, so long as the voters honor me by re-hiring me in May," he said.

Marquis was first elected in 1994 and continues to do hands-on work in court, participating in everything from daily arraignments to felony trials.

"I enjoy being an administrator, but I don't want to forget what it's like to stand before a judge and jury."

Among his accomplishments as District Attorney, Marquis pointed to his successful conviction of Pacific Surimi, which led to returning more than half a million dollars to local fishermen. The settlement included charitable contribution of over \$300,000 which Marquis donated to the Oregon Community Fund to create the Clatsop County Endowment, with grants available to any non-profit in Clatsop County.

In addition to his work as the county's top prosecutor, Marquis is completing 17 years as Oregon's representative to the National District Attorneys Association (NDAA). His NDAA work has helped secure free, continuing education for more than 700 Oregon prosecutors at the NDAA's National Advocacy Training Center. Marquis has also served four years on the American Bar Association's Criminal Justice Section and has remained active in animal law, with the Animal Legal Defense Fund and the Humane Society of the United States.

"I made a promise to the county administration and to the citizens when I started working with these organizations that I would not spend county funds on out-of-state travel. I've kept that promise and will continue to," Marquis said.

Marquis has worked closely with Senator Betsy Johnson on laws that protect victims and toughen up the Oregon's DUI laws. He also helped write the state's first felony animal abuse law.

In community service, Marquis helped found the Light-house Center for Abused Children, and is a two-time Paul Harris Fellow and 20-year member of the Astoria Rotary Club. In summer theater, he plays the role of the Sheriff in the Astor Street Opry Company's "Shanghai in Astoria." Marquis hosts "Evening Jazz" on Coast Community Radio (KMUN 91.9fm, KTCB 89.5fm) the first and third Mondays of each month, and is working on his 4-gallon pin as a regular donor to the American Red Cross blood drives. Marquis enjoys visiting high school and community college classes to talk about our justice system and the Constitution.

Marquis and his wife, Cindy Price, a writer, researcher and editor, live in central Astoria. "Cindy and I love what we affectionately call Clatsopia, perhaps especially the life and beauty of the Columbia. We're committed to this magnificent place and to participating in protecting its beauty and the best parts of its history."

Marquis said he won't be asking for campaign contributions from Clatsop County residents, to reduce the appearance of any political influence on the office of District Attorney.

Retired Astoria bank manager Judy Hansen is serving as the Keep Josh Marquis Our District Attorney's campaign committee treasurer.



Daniel Pinchbeck and Sting in 2012: TIME FOR CHANGE, a documentary by Joao Amorim.

FILM: TIME FOR CHANGE • Feb 9 Good deeds deposited at The Bank of Happiness

WHAT IS a time bank and why would you join one? A European documentary, Time for Change, explores the answer along with other inspiring stories of people helping people reclaim their local economies.

The Lower Columbia TimeBank invites you to a free screening of this film and a followup discussion Sunday, **FEBRUARY 9TH AT 3:00 PM AT THE COLUMBIAN THEATER, 1102 MARINE DRIVE, ASTORIA.**

Produced by Backlight, as one of their weekly 50-minute Future Affairs programs for VPRO TV, the film blends storytelling with journalism, English speakers with English subtitles, and features Birgit Tolmann and family therapist Airi Kivi both of Tallinn, Estonia, "a high-tech city ... home to Skype as well as the Bank of Happiness, an online marketplace to share good deeds," explained NPR last July. These women founded the Bank of Happiness in 2008 to create a "currency of kindness" to help people help each other. Good deeds are now

deposited and withdrawn by over 2000 members worldwide in three languages.

The worldwide economic downturn begun in 2008 has created what Backlight calls "modern day heroes" not content to "wait for political parties or institutions to change their world; they simply do it themselves, by creating new local currencies, by working in social networks". To document this fledgling movement, Backlight sent University of Southern California Communications Professor Manuel Castells with German cultural theorist and columnist Peter Sloterdijk to film a worldwide documentary focused on global cultures seeking "a new equilibrium" through locally based economies.

For more info on the free film and discussion or on the Lower Columbia TimeBank, phone 503-325-6886 or visit their website at www.locotimebank.org. The TimeBank is a project of the local non-profit Titanic Lifeboat Academy.

Clatsop Community Bank Makes 100-Best List 5th Consecutive Year

CLATSOP COMMUNITY Bank was named among the "100 Best Companies to Work for in Oregon" for the fifth consecutive year by Oregon Business magazine.

Rankings are based on the confidential input of employees who answered 25 questions about workplace satisfaction, including benefits, management, trust, work environment and career development. The list will be released in rank order at a special event hosted by the magazine February 27 at the Oregon Convention Center. 248 companies competed to be on the list this year, and more than 11,000 employees across the state completed surveys that were used to determine the magazine's annual list of top employers.

"I'm so proud to be part of Clatsop Community Bank," said Joe Schulte, president and CEO. "Six years ago,

we set out to create a true, locally-owned bank for the Clatsop County market, and it's gratifying to know how much our customers value having that option. Our employees take pride in that, too."

"We really focus on fostering an environment where employees can be successful," said Derith Andrew, vice-president of operations. "I've been with Clatsop Community Bank since we opened, and enjoy the challenges and responsibilities I've been entrusted with as part of this team. The sense of ownership our employees have in their jobs is key to the customer experience we've become known for," she added.

Established in 2008, Clatsop Community Bank is the only bank locally owned in Clatsop County, and has branches in Seaside and Astoria, Oregon.

Bipartisan Dysfunction

ONE OF the many areas of congressional myopic dysfunction has been in the near thirty-five year cold war between the US and Iran. The American political class has treated the Iranian Revolution of 1979, which established the Islamic Republic, with similar punitive ac-

rimony as the Cuban Revolution of twenty years earlier. Both came about largely because of previous American meddling in these two countries' domestic affairs. In Cuba, the US had supported the brutal, corrupt Batista dictatorship because of benefits gained by American corporate interests. In Iran, the CIA, with its British counterpart, took out an elected democratic socialist president, and installed an autocratic regime under the Shah, so that the two countries' oil corporations could retain control of that country's oil industry. A twenty-five year buildup of Iranian anger produced the Revolution and overdramatized "Hostage Crisis," in which young militants held diplomatic personnel captive in the American embassy for over a year following the Carter administration's admission of the Shah to the US for cancer treatment. He died soon after.

Congressional umbrage over Iran's nerve at spitting in the eye of the "leader of the free world" led to the freezing of Iranian assets and set the stage for ever increasing sanctions. Successive US administrations have sought to isolate and humble Iran. The situation has continuously gotten worse, as increasingly further right

wing Israeli governments have reacted to Iran's critical attitude towards Zionist expansionism. Never mind that Saudi Arabia is far less democratic than the Islamic Republic and has consistently sponsored Sunni jihadism, such as that associated with 9/11. The chief entity garnering US kneejerk support for Israel has been AIPAC (American Israel Public Affairs Committee). While not supported by the American Jewish majority, AIPAC has many very wealthy patrons and plenty of clout.

Both Israel and the US have labeled Iran a "state sponsor of terrorism," though these staunch allies have both inflicted far more state sponsored aggression and terror on civilian populations than Iran. For the past decade Iran's chief sin has been its nuclear reactor program, which it is entitled to under international law, to which it is a signatory. Having been isolated by the West, due to American/Israeli pressure, Iran, to avoid being bombed or invaded by Israel and/or the US, as happened in Iraq and Afghanistan, has been enriching uranium, many think to attain nuclear weapons capacity. When Pakistan, which has harbored far more jihadists than Iran, including supposedly Osama Bin Laden, obtained a bomb, the US said and did next to nothing. Pakistan gave nuclear technology to the international outlaw government of North Korea, which in turn has threatened South Korea, Japan and the US itself. Negotiations have occurred, but nothing like the crippling sanctions and continuous US/Israeli threat of war Iran has faced.

Israel has over 200 nuclear bombs, which American leaders must never mention. But Israel declares an Iranian

nuclear bomb an existential threat. Nonsense! Now the Obama administration, responding to overtures from the new moderate Iranian government, has signed a preliminary agreement with Iran, relaxing some sanctions, which have prevented Iran from selling much of its oil or getting replacement parts for its planes. Iran has agreed to scale back its enrichment program and permit thorough UN inspections.

Yet, as of this writing, a host of senators, led by Foreign Relations Chairman Menendez (D-NJ), are supporting a bill demanding Iran wholly end its nuclear program or face worse sanctions. Passage, especially over a promised presidential veto, would scuttle the preliminary agreement, any chance of a comprehensive one later and rapprochement with Iran. Of course, the bill has been pushed by AIPAC and Israel. It is backed by at least fifteen Democrats, and of course, all the Republicans, who reflexively oppose any initiative or accomplishment of this president. Israel supporter and moderate Democrat, Diane Feinstein, fiercely opposes the bill, as do moderate Zionist journalists like Peter Beinart and the *New York Times* editorial board. But the neocon wing nuts, who got us into the catastrophic second Iraq war, and congressional recipients of AIPAC largesse again beat the drums for what would be the most horrendous Middle East war yet. Beinart cites a younger generation of Jewish Americans fed up with AIPAC domination of US Israel policy. The Senate needs to wake up and support the administration's constructive engagement with Iran.

by Stephen Berk



Get the news about LNG-land.

Attend the next Columbia Pacific Common Sense meeting.
Thursday, February 20
6:00 pm social & snacks
6:30 - 8 pm meeting

Three Cups Coffee House - 279 West Marine Drive, Astoria
News and Q&A with Dan Serres, Conservation Director of Columbia Riverkeeper
Get a yard sign - and new ideas and energy - as we move Onward to Victory.

-- If you'd like, bring a snack to share. We meet after Three Cups closes for the day, so we can't buy coffee or snacks.

-- Complimentary coffee provided by Three Cups and Columbia River Coffee Roasters.

-- There is a parking lot and on-street parking. Three Cups is under the bridge, across the street from M&N, the Carhartt store.

People are busy in LNG-land these days:

-- Oregon LNG is trying to see if it can manage to submit a complete, accurate, and undeceptive application to a government agency, this time to the City of Warrenton! If they succeed, will the application writers be promoted - or fired???

-- State agencies are trying to decide if the applications they have from OLNK are complete and accurate enough to be reviewed.

-- The US Coast Guard is upset that we think a 1200-foot long LNG tanker might not be a safe vessel for the Columbia River.

-- Airline pilots are still trying to figure out why the FAA says LNG tanks on the flight path to the Astoria/Warrenton airport aren't hazardous to planes and us.

-- Governor Kitzhaber is hoping we haven't noticed he preaches renewable energy, but hasn't said NO to LNG in Oregon.



CRK Exec. Director Brett Vanden-Heuvel points out the site of the defeated and bankrupt proposed Bradwood Landing LNG.(2010)

Astoria LGBT Meetings

PFLAG NORTHCOAST meets the 3rd Thursday of the month. Thursday, Feb 20, 6:30pm to 8pm at the First Lutheran Church, 725 33rd St., Astoria, OR. FML: drewherzig@yahoo.com

TRANS FAMILIES SUPPORT GROUP meets the last Monday of each month. For TBA location contact drewherzig@yahoo.com. For transgender individuals and family members only.

Lincoln City LGBT Monthly Gatherings

- February 12, 6:00-7:30 pm: PFLAG Meeting—St. Stephen's, 9th & Hurbert, Newport.
- Sunday, Feb 23, 11am to noonish - Womens' Out on the Oregon Coast Coffee at Cafe Mundo.
- The Coastal AIDS Network monthly activities:
Second Tuesdays, 7:00 pm: "Activity Night" (call for information (541)994-5597)
Third Tuesday, 7:00 pm: "Pizza Night" (Newport Abbey's Pizza)
Fourth Tuesday, 7:00 pm: "Men's Pot Luck" (Locations vary! Call (541)994-5597 or email coastalaidnetwork@gmail.com for information)

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2/6, 2/7: Br'er Rabbit (Indie folk-stomp Americana)
2/8, 2/9: Betty and the Boy (atmospheric indie folk)
2/10, 2/11, 2/12: Robin Baci & Grand Lake Islands (Indie pop/folk)
2/13, 2/14: The Harmed Brothers (Americana)
2/15, 2/16: Ian McFeron (rootsy Americana)
2/17, 2/18, 2/19: Naomi Hooley & Rob Stroup (Indie folk)
2/20, 2/21: Sara Jackson-Holman (R&B/Indie soul)
2/22, 2/23: The Winterlings (Americana)
2/24, 2/25, 2/26: Kendi Winter & Palmer T. Lee (of The Lowest Pair) (bluegrass/folk)
2/27, 2/28: Left Coast Country (Country & Americana)

Show times are 9pm to 11pm on Fridays and Saturdays, 7pm to 9pm on weeknights (including Sundays). For more information please contact Ezra Holbrook at ezraholbrook@gmail.com or (503) 888-0675.

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FILM: "Inequality for All" Documentary

FEB 28 • The PAC in Astoria

CLATSOP COMMUNITY College, in partnership with the Lower Columbia Diversity Project, invites community members to attend a free screening of the documentary "Inequality for All" and join in a community discussion facilitated by Chuck Sheketoff from the Oregon Center for Public Policy. This informative and provocative program will take place on Friday, February 28 at 6:30 p.m. in the CCC Performing Arts Center, 588 16th Street, Astoria. Additional support for this presentation is provided by the Cannery Pier Hotel.

"Inequality for All" was directed by Jacob Kornbluth and features Robert Reich, Secretary of Labor during the Clinton administration, author of 13 books and Chancellor's Professor of Public Policy at UC-Berkeley. The documentary follows Reich as he addresses the economic condition of the middle class and seeks to raise awareness of the country's widening income gap. For more information

regarding the film, visit www.equalityforall.com. The DVD will also be available at the CCC Dora Badollet Library following the February 28 screening.

Chuck Sheketoff is a founder and now serves as



Executive Director of the Oregon Center for Public Policy (OCP). The mission of the OCP is to, "Use research and analysis to advance policies and practices that improve the economic and social opportunities of all Oregonians". OCP conducts in-depth research and analysis on budget, tax, and economic issues. Its goal is to improve decision making and generate more opportunities for all Oregonians. For more, visit www.ocpp.org.

"Clatsop Community College is a proud host of this event focusing on one of the most compelling issues that we face as a society," says CCC

President Lawrence Galizio.

Please direct media inquiries to: Patricia Warren, 503-338-2306; pwarren@clatsopcc.edu.

Oregon Council on Civil Rights: Report on Pay Inequality in Oregon

New report highlights policy recommendations to end wage gap

Eugene, OR—The pay gap between women, people of color and their male counterparts negatively impacts short-term earnings, long-term savings, housing security, health care and educational opportunities, a new report from the Oregon Council on Civil Rights finds.

The Council's report to Labor Commissioner Brad Avakian looks at contributing factors and policy recommendations to achieve equal pay for equal work. The Council will present findings to the Oregon Legislature as a result of Oregon SB 744 (2013), authored and sponsored by Senator Chris Edwards (D-Eugene).

"Oregon's wage gap doesn't just hurt women and people of color, it hurts everyone," said Sunny Petit, chair of the Oregon Council on Civil Rights. **"Our workforce is changing – with women serving as the breadwinners or co-breadwinners for nearly two-thirds of families across the country. This report highlights new tools and recommendations for policymakers so that we can end the pay gap and put Oregon families on stable economic footing."**

In Oregon, women fare only slightly better than the national average, earning 79 cents for every dollar that male workers earn in the state. The disparity among women of color is wider still: Hispanic and Latina women working full time earned only 59 percent of the income of their white male counterparts.

"There's no one, overarching driver of the pay gap," said Labor Commissioner Avakian. **"And no single policy recommendation alone will eliminate the disparity. What it will take is focused, ongoing attention – and commitment to building a stronger, more equitable economy. Oregon does not have to accept economic insecurity and inequality – nor should we wait for Congress to act."**

Commissioner Avakian will use the recommendations to inform the agency's development of an action plan to end Oregon's wage gap.

"It's wrong that equally qualified women and men with similar life experiences bring home very different paychecks for the same work," said Sen. Edwards. **"When we close the pay gap – and strengthen the buying power of millions of Oregonians – that benefits families, communities, and our economy as a whole."**

The report shows that in many of the top paying fields in Oregon – such as engineering, computer and mathematics, and law enforcement – males comprise

more than 70 percent of the field. However, in the only high-earning category in which women hold a majority of positions – professional health diagnosing and treating practitioners, where women account for 70 percent of job holders – Oregon women still earn only 64 cents to every dollar of their male counterparts.

Pay Inequality in Oregon highlights major contributors to pay inequality, including work-life barriers, educational factors including disparities in Science, Technology, Engineering and Mathematics (STEM) related study, and workplace bias and discrimination. Expensive and inadequate child care, the difficulty of caring for a sick child or family member, or the inability to take time off for a student's school-related activity all contribute to barriers for women and working families.

The report notes that more than 60 percent of minimum wage workers in Oregon are women, disproportionately women of color.

The report's policy recommendations include:

- **Public outreach and awareness:** Invest in technical assistance for employers
- **Educational and occupational initiatives:** Increase access to career training for women and people of color; encourage more diverse representation in STEM fields
- **Workplace best practices:** Create a toolkit for employers to use to achieve equal pay; develop an award program for employers that are leading their sectors
- **Legislative:** Implement family-friendly policies that support working parents and caregivers; create new protections against retaliation and discrimination; expand child tax care credits

The Council's work comes as national attention from The Shriver Report, released earlier this month, underscores the need for the nation "to modernize its relationship with women." The Shriver Report estimates that closing the wage gap between men and women would cut poverty in half and add nearly half a trillion dollars to the national economy.

"Closing the wage gap will be good for Oregon's economy," said Cheryl Collins, Vice President of Organizational Development at Ninkasi Brewing Company.

"The companies that are leading the way on equal pay for equal work understand that flexible and fair workplaces help attract and retain top talent."



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event, open to all.



Emcee and STAND Organizer Cindy Price

Eight captivating storytellers will in-
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and responsible development, and educa-
tion. Each 15-minute talk will motivate and
inspire through compelling storytelling,
not just the facts and usual stuff of political
speeches.

Scheduled speakers include, among
others: Oregon's 2011 Teacher of the Year,
Colleen Works, from Corvallis; Bob Van
Dyk, Forest Policy Manager, Wild Salmon



Margaret Frimoth on Marriage Equality

tor, Lives in Transition, Clatsop Community
College; John Orr, attorney and musician;
Bruce Buckmaster, Salmon For All; and Rex
Ziak, historian and documentarian. Preface
by State Senator Betsy Johnson.

"The challenges and the opportuni-
ties for Clatsop County are boundless,"
said Cindy Price, the event's coordinator.
"Our greatest resource for protecting
and responsibly developing our diverse
community assets is in motivating our
human and social capital to work together
toward those goals. This impressive group
of thinkers and doers illustrates what a
remarkable place the North Coast is."

Also on hand will be representatives
from local organizations to help connect
and engage the audience in meaning-
ful and rewarding civic activities. Doors
to the Event Center will open at 1:15pm
for engaging with these groups. Senator
Johnson's Preface will begin promptly at
2:00pm.

For more information about the pro-
gram, contact Cindy Price at 503-791-1710
or email standup.clatsop@gmail.com. The
Clatsop County Democrats meet the fourth
Monday of each month, 6:30pm, at the
new Astoria Yacht Club, at the West Moor-
ing Basin. More information is at www.clatsopdemocrats.org and on Facebook:
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Astoria's Landslides and Land Sales: A Connection?

By Dr. Art Limbird.

read a full web article on www.hipfishmonthly.com



TWO-THIRDS OF Astoria has been affected by landslides. Most of the hilly, sloping parts of Astoria are made up of material that can slide with heavy rains, the weight of buildings, the construction of roads, or even the movement of heavy machinery. A lot of the rest of Astoria is made up of the material moved by the landslides. The City of Astoria wants to sell at least 37 parcels of public land. As long as properties are owned by the City, the City has the responsibility to manage them. If properties are sold to individuals or developers they become private properties, which releases the City from responsibilities of

tracts of land of contention seem to be the forested areas both on the 'South Slope' and on the north side of Coxcomb Hill. Most of the land north of Jerome (or where Jerome used to be in some cases) to Exchange and between 18th Street and 29th Street has experienced landslides some time between 1920 and 1954 according to newspaper articles of this period. The route to the Astoria Column used to be south up the hill on 19th Street (which no longer exists). The land south of Niagara and west of 3rd Street has no east-west through streets. The area surrounding the Astoria Middle School shows all the signs of a landslide,

damages to homes or other buildings in the event of a landslide. The approach seems to be "let the buyer beware". However, the City may have overlooked the damage to streets, and water, sewer and power lines that still would be the City's responsibility.

What important parts of the City are involved? The largest

and a map from 1954 shows streets no longer existing in this area. The area south of Niagara and east of 16th Street is in an area marked by a city 'Slide Area' sign. These are only some of the locations that clearly have landslide characteristics. The 'Bond Street Slide' in 2007 that repeated a slide in 1953-54 and the 'Duane Street Slide' of 2013 are only the latest examples of on-going landslides. In the past 60 years alone, more than 70 homes have been badly damaged or destroyed by landslides.

The U.S. Department of Agriculture Clatsop County Soil Survey report clearly shows that large areas of Astoria have soils subject to landslides. The Oregon Department of Geology and Mineral Industry [DOGAMI] landslide report shows 120 landslides in Astoria; 83 that have occurred within the last 150 years.

For more detailed information, check out the full article by Dr. Art Limbird, Professor Emeritus of Physical Geography, Specializing in Soil Characteristics and Formation, who currently lives in Warrenton and teaches classes in Clatsop Community College's ENCORE adult learning program, on HIPFISHmonthly's website at hipfishmonthly.com.

Soapstone Lake And Meadow To Be Explored As Premiere Event Of New LNCT Hiking Series

A NEW hiking series is being offered by Lower Nehalem Community Trust, which intends to offer expeditions throughout the year exploring the Trust's 220 square mile service area. Local wildlife biologist Ted Chu will lead the first hike to Soapstone Meadows and Lake in the Clatsop State Forest on Saturday, February 15. Participants are asked to meet at Nehalem's downtown municipal parking lot at the traffic light to carpool to the trailhead. In the event of heavy rain, the hike will be postponed to Sunday, February 16, same time and place.

The hike is suitable for all ages and most abilities—there are some stairs and bridges to cross, and all the steps are very short. Soapstone is 30 minutes from downtown Nehalem, and the hike will last about 2.5 hours, depending on the size and pace of our group. Dress for the weather, wear sturdy shoes for hiking, bring water, and a lunch or heavy snack.

Immediately following the Soapstone hike will be an optional visit to the Oregon Department of Fish and Wildlife's North Nehalem Hatchery. Joe Watkins, Hatchery Manager, will discuss the history and role of hatcheries in anadromous fish populations that migrate from the sea into fresh water to spawn.

"Soapstone has much to offer the hiker," said hike leader Ted Chu. "Like impressive, mature Doug fir and Sitka spruce, which may be 100 to 150 year old specimens,

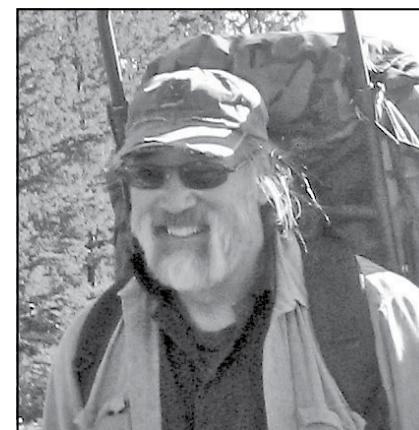
and it seems to be one of the most productive rough-skinned newt habitats around. Also, there are active deer and elk in the area. I'm guessing the lake probably has native adfluvial cutthroat trout. And at the beginning of the hike there's an old homestead site located in a beautiful open meadow."

Oregon's State Forests are actively managed, including for timber harvest purposes. This hike is a glimpse into less dramatic, but equally important portions of the watershed, which also make vital contributions to water quality.

This is the first community offering Chu has led for LNCT. In the area for eight years, Ted grew up in the Bay Area and began his lifelong passion for wildlife with a fondness for reptiles and amphibians, which he's quick to point out are "small and catchable." "The idea was to catch and handle them! Most of us wildlife and fish biologists like to catch things!" he adds.

Ted worked in the Idaho Department of Fish and Game for 30 years where he was last assigned to southeast Idaho bordering Yellowstone and Grand Teton National Parks. He focused on managing and recovering big game, primarily moose, elk, pronghorn antelope, and grizzly bears, as well as bald eagles and the greater Sage-Grouse.

Ted first learned about LNCT through founding board member, Doug Firstbrook.



Wildlife biologist Ted Chu will lead an LNCT sponsored hike to Soapstone Lake and Meadow on Saturday, February 15. The new hiking series intends to explore trails throughout the Trust's 220 square mile service area. Photo by Scott Wagner.

With a history of conservation activism in Idaho, he naturally said yes when Doug invited him to join the Trust's Lands Committee. Adds Chu, "I am concerned about this area because it's now my home, and protecting habitat is always the key to having healthy ecosystems and wildlife populations."

No fee or pre-registration is required for the hike. Call (503) 368-3203 with questions or for more information.

We ♥ Theater

A Q&A Special this Feb/March with the people of the Lower Columbia Pacific Theater Communities.

THIS MONTH we look to the voices of the region's community theaters. Who doesn't like live theater? There may be some that share this sentiment but the diversity of performance genre on the coast from melodrama to Shakespeare, reader's theater to the latest barrier breaking drag shows, has people taking their seat in the dark, leaving the couch and the potato behind.

We begin with the venerable Coaster Theater, who just kicked-off their 2014 Season, and fresh in the middle of an historical, albeit "edgy" classic, Ibsen's "A Doll's House." Directed by local longtime theater producer Susi Brown, and featuring actor Sofie Kline as the playwright's striking 19th century heroine, we talk with actor, director and the Coaster's executive director Patrick Lathrop.

And next month . . . more *theateroids*.

PATRICK LATHROP IS HOME. In March 2013, Lathrop stepped into the role as Executive Director at the Coaster Theater, following the 11 devoted years of former director Craig Shepherd, whose excellence in stagecraft and set design alone, raised the bar high at the then some 30 year beach town playhouse. *Shepherd was also part of driving the Coaster's eventual transition from a small business structure to a non-profit, upon the passing of original patron/founder Maurie Clark.*

"This is my dream job," says Lathrop. A lifetime career in theater, Lathrop offered, that he had thought one day he would eventually settle into a university theater position, but when the board began their search after Shepherd's resignation, Lathrop - acting as interim director communicated to the board, that they need not look any further. Voila! An exec. director who had already been shining the love on Coaster curtain calls.

Lathrop originally came to the Coaster as a children's theater educator about 5 years ago, and watching him on the set of *Doll's House*, instructing two young thespians in a photo shoot . . . "Okay, now, look at each other, extend, look at the photographer . . ." and seeing them react to his direction with sprite and childlike yet professional aplomb, it was apparent these young community actors had been privy to expert tutelage.

A theater baby himself, who knew at an early age that stage was his calling, Vancouver, WA native Lathrop, received his education at Long Beach State. He holds a BA in Theatre Performance, an MFA in Musical Theatre and an MA in Costume History and Design. He's been a teaching artist for over 25 years. Just prior to moving from Southern California, he worked with the San Diego Globe Theatre to help develop a new Shakespeare curriculum for fifth graders. In addition, he's worked with a variety of organizations such as the Imagination Celebration of Orange County, Orange County Department of Education, Pasadena Junior Theatre, and many more. Weaved throughout his career work in theatre freelance, and since arriving in Cannon Beach, his acting, costume

design and directing talents have been widely resourced at the Coaster.

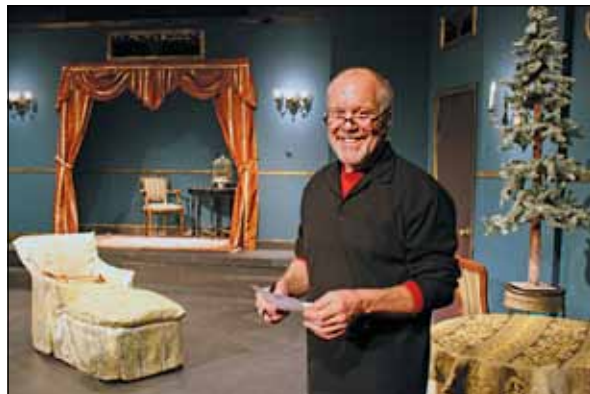
The position of Executive Director at the Coaster is as Lathrop explains, very much that of a producer, overseeing all that it takes to put up a show. He hires the designers, directors, works to stay in-budget and closely with the nine-member board. He also works with the on-sight theatre staff who cover the essentials; Marketing Director Jenni Tronier, and Box Office/Operations Cindy Karr. Karr, amongst her many duties, is an expert stitcher, oversees and builds props Lathrop has designed and bakes in-house, the

our "edgy piece," done at the top of the winter season."

Lathrop names past productions, *Never the Sinner*, *The Gin Game*, *Veronica's Room*, falling under the genre of 'psychological thriller, a little bit odd, a little bit edgy, a little bit experimental.'

He furthers, "*Doll's House*" certainly doesn't fall under that category, but it was cutting edge in 1885 when it was written, it was very controversial. So we decided to put it into this slot and see what happens. So far we've had two shows well-received, which proves that we can do the classics here."

New this year, Lathrop introduced Mid-Summer Celebration, a Coaster operations fundraiser musical revue, of which he partakes as emcee. The Coaster does well with ticket sales, especially in the summer, is supported by longtime sponsors, donors, season subscribers, is developing grants and will make the



Executive Director Patrick Lathrop

fabulous Coaster intermission cookies. Not a bad job.

Lathrop lights up, "You know when those cookies are being baked in the backstage kitchen!"

The Coaster season is chosen by a committee. While not a voting member, Lathrop gives his recommendations, along with the committees. Plays are selected based on the viability to produce them, taking into consideration actor-base, how complicated the costumes are, sets, technical considerations, etc.

"For example, says Lathrop, "If it's a show with a very young cast we move away from it, as we have a little bit older actor-base."

In regard to genre and temperament of repertoire says Lathrop, "We remain family-friendly. We do two musicals a year, one for the holidays and one in summer, with the exception of what we call

summer revue an annual event, drawing on local talents.

He's also excited that this season is an all-local cast of directors. George Dzundza directs Noel Coward's "Present Laughter." A new kid on the block sort of, Dzundza is a professional stage actor/director and TV actor who retired to the Oregon Coast in 2006. You'll recognize his headshot in the program guide with many credits to his name, including "The Dear Hunter," and he was one of the first detectives on television's "Law and Order." It's Dzundza's first directorial at the Coaster. Longtime respected coastal director Karen Bain directs the touching and funny "The Boys Next Door," about four mentally disabled men in a communal home and their daily trials.

This year the Coaster brings in Shakespeare with "Twelfth Night" and longtime Coaster affiliate Merrilynn Taylor directs.



Lathrop remarks "It's a bit of challenge because of the number of people involved and the complexity of it. I would like to do Shakespeare every other year, because I think it's important for a theatre to do, and that's my personal opinion because I am passionate about it."

Coaster veteran Ryan Hull does the summer musical, Sondheim fav, "Into The Woods" and Lathrop directs a fast-paced Hitchcock with a dash of Monty Python whodunit, "The 39 Steps." And to close out the season, which should make lots of little girls happy, holiday musical, "Beauty and the Beast," directed by Lisa Fergus, who has choreographed numerous Coaster productions.

On the stagecraft side of the Coaster, coastal familiar Mick Alderman is lighting these days, and Dmitri Swain, a Manzanite/Cannon Beach Artist builds sets. Veteran costume designer, who literally has costumed every show for decades, Jeannine Fairchild, also busy owner of the Columbian Theater, has lessened her role at the Coaster but will still be costuming, just less frequently. Lathrop will also design and stated, "If you are a person interested in costume design, please get in touch with us."

Q&A w/ Patrick Lathrop

Q. What first inspired you toward of theatre?

A. I think I've always had an affinity. I took piano and dance lessons in kindergarten, but I kinda hate to say it, in the 5th Grade, a high school production of "Hello Dolly," came to my school. And I knew then, I just had to be part of it, to be part of that world. The next year in the 6th grade I wrote my own play, produced and directed and starred in it. Then the next year I landed a roll in Portland Civic Theater's production of the "Music Man," and that really solidified it.

Q. What is it that makes theatre an essential part of your life?

A. Theatre reflects life. As a human species, we are reflective, we question our

being, we question why we're here, we have emotions, we deal with these things that the animal world luckily doesn't have to. Theatre is one of the ways to explore those questions.

Q. Favorite playwright or theatre figure?

A. Stephen Sondheim. I'm musical theatre trained. And above him, Shakespeare. I'm passionate about it. I'm not a scholar. I just love it. I love to act it, direct it, I love to watch it.

Q. How does theater make a difference in a rural community?

A. This is tongue and cheek, but we are the only thing happening in Cannon Beach after 7 o'clock at night. There's no movie theatre, only a couple bars are open, and if its not a nice night for a campfire . . . But more than that, we are a small community and within this community there is a family that has developed through this theater. They are the members of the community, the merchants, the workers, the people who gravitate toward the theater. That theatre family then extends out into the broader community - spreading joy and love they feel as friends of the theater.

Its' also an excellent educational thing for kids. To bring kids to theater at a young age and expose them to issues of life through drama. I'm a strong advocate of theater as education.

Q. As Executive Director of the Coaster Theatre, how will Patrick Lathrop make his mark?

A. Well. I hope to be here for awhile and to retire here on the coast, and if everything goes well and they keep me on, to continue to develop the theatre. I would like the Coaster to become recognized nationally as a regional community theatre - to be involved in community theater organizations; adjudications, conferences, competitions. And I just hope to continue offering quality theater here on the Oregon Coast.

Susi Brown, Theater Diva.

Susi Brown makes theater happen in this region. Theater goers strongly applauded her one year experiment in launching her own small company Pier Pressure Productions, a few years back, and the venue, (post River Theater closure) on 10th that seated forty happy audience members nightly.

An educator, producer, director, actress, seamstress, the works. After 20 some years of teaching arts/speech/theater/journalism at Knappa High – she took a two year sabbatical to earn an MFA in Theater Direction. She directed numerous plays at The River Theater, has produced several plays now at KALA, works with the AAUW Reader's Theater program, directs at the Coaster, and keeps things rolling in a time when it isn't easy to launch productions without supporting programs. Just when you haven't heard from her, she always shows up with something new.

Q. What brought you to the craft of theatre?

A. My cousin and I would read the Sunday comics, and make plays out of them and our grandparents would very sweetly indulge us. My dad taught school and also directed school plays. My aunt a country school teacher also wrote little musicals for her students and I would go to see them, and I remember staring down into the reflection of the floor and thinking, 'when I grow up I want to be just like my aunt Ginny.'

Q. Favorite playwright?

A. Oh so many. I do love Ibsen and the ideas he held forth. I really enjoy Lillian Hellman as well. One of my favorite pieces is about Joan of Arc, called "The Lark." I love the whole Joan of Arc idea, and the fact that so many playwrights have attempted, so many filmmakers, and the passion that drove that person, at all costs, she held true to her visions. And the thing about Lillian Hellman, her strong characters, her lead characters are women. That's hard to find.

Q. What is one of your most successful, memorable productions in the region?

A. That's an easy one. When the Anne Frank exhibit came to Astoria, (mid 90s) organizer Carol Newman asked me to do the production. We had chosen our season already, and the students were excited about. But I invited them for a BBQ and thespian meeting, and asked them to consider Anne Frank and told them why, and that was the end of discussion.

The students who took that on were amazing. They did everything for it, research; a special viewing of the exhibit, they talked to Holocaust survivors in preparation of their roles. We did a 36 hour non-stop tech because that was the only

time we could get into the PAC building. Not once did those kids raise a fuss. By showtime the only thing we had not found and needed was a menorah that was historically accurate. Then one night I felt a presence behind me and it was Phyllis Lobe. She was holding a menorah that her parents had carried from Germany when they escaped the Nazi occupation. She talked the kids

about it. Their response was so appropriate, and so humbling. Every piece fell into place.

Q. What are the strengths of community theatre in this region?

A. I see a desire for community members to put on a show of quality. At the Coaster,

I also felt that strongly when I had Pier Pressure, the River set a wonderful precedent for quality. The other thing I see is the mix in community theatre. I'm really fond of working class coming forward and tasting art. Not that that's an unusual thing, but community theater allows a venue.

Q. And what may be the challenges?

A. In community theatre you always you have talent and skill levels that are so far apart. The challenge is to try to find a nice meeting ground and still put on a strong, high quality piece. The other thing - people are so diverse in what they do in their lives - is to find a sense of family, because when you are working on a show you develop that, and sometimes that's a challenge,



Susi Brown and lighting designer Mick Alderman

but it can also be an amazing reward.

Also, the attitude that theater is for ... thinkers. But working class people are thinkers and considerers. So when someone who is out there working hard, finds the time and desire to do theater, they bring in their friends, and theatre no longer becomes, for whatever reason, a threat. I have heard it many times, 'I'm afraid to go to theater because I don't think I'll understand it.

Sofie Kline is Nora in "A Doll's House"

To demonstrate the power, the value of community theatre, Sofie Kline is a young actress who is taking advantage of what it can offer here in the Lower Columbia Pacific Region. As a viewer of several of her portrayals, her performances have been more than adequately refreshing. As Jill Tanner, the free-spirited 60's girl-next-door in the Coaster's "Butterflies Are Free," multi-roles in Spoon River Anthology where she proves she's can whip up a melody too, Kline has that certain je ne sais quoi, in addition the ability to strongly characterize her roles.

Her family moved to Astoria her senior year of high school, where Kline worked with drama teacher Jenny Newton, and prior to that she had been involved in many school productions. She's been in seven local community theater productions here and plans to attend Southern Oregon University Theater program in Ashland.

Q. What inspired you to work in the craft of theatre?

A. That's a really tough question. It's one of those things for me I've felt compelled to do. I don't really know if there is a reason or particular moment that's "it." I have this memory of knowing that that is what I have wanted, and have thought of other things to do with time or life. But that's always been there. Probably there was something in my childhood that really compelled me and don't remember that moment but remember the feeling of wanting.

Q. What was your first role?

A. My first production was at a Boys and Girls Club when I was 9 years old (1999). Two guys running the theater department wrote this play, it was called "The Y2K Bug." I played six different quick change roles. I had to go under the stage and change into a robot, a military person ... it actually still is one of the most challenging things I've ever done, (she says laughingly).

Q. What was your first role as adult?

A. The first role that I did here in community theater was Land of the Dragon at The Liberty. At Astoria High School I was in "Daughters," a series of monologues.

Q. What has been your actor training?

A. Jenny Newton at Astoria High is a wonderful acting teacher, I took an acting class with Karen Bain last year, and just doing productions, from middle school to high school, to community theater. I've also taken some acting-related workshops out of the area.

Q. Who is Nora?

A. Nora is an interesting woman. She definitely knows how to play the game, within her world. She very

much understands where she is as far as what she can and can't do in society as a woman. Her power, she understands where her powers are. Throughout the play she realizes she deserves more power, that her power is not full, that she is not actually engaged in her own life. For me, Nora is a heroine, she is someone who chooses a road that is not easy, but without going there, she would never have a full life, her life would always be absent of that choice.

Read the full interviews on hipfish.com



Coaster actor veterans Seth Goldstein and Margaret-Hammit McDonald



Coaster Photographer George Vetter shoots Heather Nuewirth and David Sweeney

Coaster Theater Playhouse Opens 2014 Season with Henrik Ibsen's "A Doll's House"

The slamming of the front door at the end of "A Doll's House" shatters the romantic façade of the Helmers' marriage. After years of Nora and Torvald deceiving one another and themselves consciously and subconsciously, Nora finally recognizes the urgency for her own freedom. Her character continues to be one of the most strikingly dramatic heroines of the late-nineteenth century. The playwright's radical views shocked his audiences in 1879, and his insights into human relationships are still relevant today.

At the time of its premiere, "A Doll's House" created quite the controversy for its critical attitude toward 19th century marriage norms. It has been enjoyed ever since in many celebrated stage and film adaptations. In 2006, it held the distinction of being the world's most performed play.

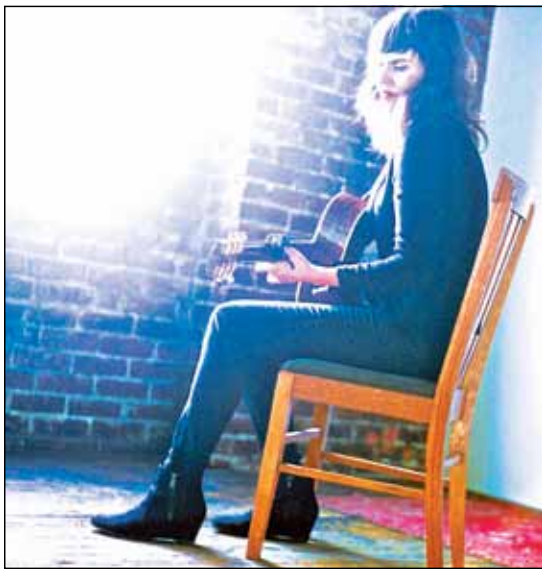
CAST: Sofie Kline, Benjamin Van Osdol, Heather Nuewirth, David Sweeney, Seth Goldstein, Carolyn Anderson, Margaret-Hammit McDonald.

TECHNICAL: Director-Susi Brown, Stage Manager-Lisa Fergus, Lighting Director-Mick Alderman, Set Design-Dmitri Swain, Costumes Patrick Lathrop.

Performance Schedule: Feb 7, 8, 9, 14, 15, 16, 21, 22; **Talk Back:** Feb. 20 Thurs. Fri. and Sat @ 7:30pm, Sunday 3pm; **Ticket prices:** \$15 and \$20, **Box Office:** 503-436-1242

Record Release Concert at KALA

Kathryn Claire: "Shimmering Blue"
a new album features favorite covers
Sunday, March 9, 7:30pm



SINGER/SONGWRITER KATHRYN Claire is releasing a new album of cover songs titled "Shimmering Blue." The album features Kathryn's clear, strong and emotive voice along with her unique guitar style and lyrical violin playing and is a collection of 8 of her favorite cover songs.

She is joined on the album by Rob Stroup (percussion/vocals), Ara Lee (vocals), Allen Hunter (bass), Chris Hayes (electric guitar), Zak Borden (mandolin), Andrew Lorish (dobro), and Matty Sears (bodhran, vocals). Kathryn recorded the album at 8 Ball studio in Portland, OR with Rob Stroup.

Kathryn will be sharing the evening with singer Ara Lee. Ara will also be releasing an EP titled "The Art of Letting Go". Ara and Kathryn have been collaborating over the past few years, and Kathryn is thrilled to be helping to produce Ara's first EP. "Ara is one of the most emotive and versatile singers I know" says Kathryn Claire. "It was an honor to be a part of Ara's first solo recording. I am excited to see where it takes her and thrilled that the world finally gets to hear these songs recorded".

THE SONGS

The album begins with "Our Mother The Mountain," by Townes Van Zandt. "My brother gave me a cassette of this song years ago and told me I should learn it. When I finally began working on it I fell in love with the lyrics and sentiment."

Kathy's Song by Paul Simon. "I think Paul Simon is one of my all-time favorite musicians. I feel so honored to record this song. It has been my favorite since I was a teenager".

Urge for Going by Joni Mitchell. "I am a huge fan. I wrote a paper on this song in high school. It was exciting to finally arrange it and make it my own".

Down Where the Drunkards Roll by Richard Thompson. "I have been singing this song for years in various Irish bands and projects. It is one of my favorites. I didn't stray far from the original. It is hard to do much to a Richard Thompson song. His writing is so amazing".

Hotel Roberts by Montana based songwriter, Caroline Keys. "I met Caroline in Astoria when she was on tour with her band Stellarondo. She performed this song at the PAC and I remember thinking, I want to sing that song. I was touched that she let me record it".

Leaving on a Jet Plane by John Denver. "Apparently this was my favorite song when I was 3 years old. My family sang a lot together and we would sing this one often. It was exciting to revisit it and put my own more Celtic twist on it."

Miner's Lullaby by James Low. "James is an amazing songwriter that I met when he lived in Portland. I have always been a fan of mining songs, but this one just sticks out as one of my

The End by Portland based songwriter and composer Bryan Free. "I was lucky enough to join Bryan on a few shows and play in a string quartet he arranged for his songs. He is incredible. This is one of my favorite songs of his. I was thrilled that he let me record it."

For more information about Kathryn's music visit www.kathrynclairemusic.com.

Sunday, March 9. \$10. Doors open at 7pm. Music at 7:30pm. The evening features No-Host Cocktails, Beer & Wine, and a special complimentary bowl of KALA favorite, Non-Judgemental Chilli and Cornbread, a recipe featured in "Chew on This" by Hipfish columnist and local/regional celebrity Foody, Merrienne Myers. KALA is located at 1017 Marine Drive in Astoria, 503.338.4878.



Singer Ara Lee joins Kathryn Claire

TIKKUN OLAM 'Heal the Earth'

Community Art Event

March 7-8

"EARTH IS our body and our body is ill. There is no precise point at which our bodies leave off and Earth begins. This is biology, not poetry. We inhale tree breath and eat the landscape. Oceans flow in our veins. Earth is moving in and out of us constantly, moment by moment. Earth body...personal body...one body. We are Earth walking."

- From The Book of Sorrows

A Few Words from Artist and Event Coordinator Glenna Gray

Recently, I was experiencing a lot of sadness and fear about the way our planet, our home, is being abused in so many ways. During this time a friend posted details of an art show she had created called Tikkun Olam.

Tikkun olam is a Hebrew phrase that means "repairing the world" (or "healing the world") which suggests humanity's shared responsibility to heal, repair and transform the world.

As I believe the arts have a significant role to play in how we move forward into the new reality, a major event was called for.

Suddenly, this local Tikkun Olam event came alive.

Many people I know on the upper left coast share my strong feelings for the Earth, and have creative, constructive ideas for coming together, solving problems in a creative way, and starting anew.

As I worked on creating an art show on the Tikkun Olam theme, the project grew as others found out what I was doing. Other arts wanted to be represented, conversation became a critical element. Thus the following itinerary is both an invitation to you and a challenge to bring your best self to these activities.

March 7

7pm * Fire Ceremony for Healing the Earth

Manzanita Beach at the end of Laneda, Manzanita. Joe Pecore has been holding



this fire ceremony for several years, and will be creating the space for the Tikkun Olam fire.

March 8

12pm • Healing Ritual for the Earth

NCRD lower field, or in case of inclement weather, the NCRD gym, Nehalem

2-4pm • Discussoin/Brainstorming Group, NCRD kitchen

"What can we do to heal the Earth?"

6-7pm • Art Show Opening and Sale NCRD Gallery

Two and three dimensional art by many local artists on the theme of healing the Earth will be available to view and to purchase. Proceeds will go to the Lower Nehalem Community Trust, CARTM Recycling, and the artists.

7:30-9pm • Tikkun Olam Performances \$5 to support local nonprofits, NCRD GYM

Performances by local musicians, writers, actors and others, including Liz Cole, local force of nature. Many new pieces created especially for this event will be performed for the first time. All events except the Performances are free, donations are appreciated. NCRD is located at 36155 9th St., in Nehalem. (behind Wanda's Cafe) Questions? Contact Glenna Gray, glenna@nehalemtnet.net.



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Liberty Theater presents

THE ARNICA QUARTET FEBRUARY 16

THE ARNICA String Quartet performs in the McTavish Room at The Liberty Theater, Sunday, February 16 at 2pm. The ensemble was founded in 2005 by four leading Portland musicians looking to explore the vastly rewarding repertoire for string quartet. Ensemble members are Shin-young Kwon and Fumino Ando, violins; Charles Noble, viola; Heather Blackburn, cello.

Drawing from extensive experience as orchestral, solo, and chamber music performers, the Arnica Quartet is committed to performances of the highest quality. They have performed on concert series at Portland's Old Church,

Pacific University, Oregon Health Sciences University, Camerata Northwest, Astoria's Liberty Theater, and Camerata Musica.

The afternoon repertoire includes: Purcell Chacony in G minor, arranged by Britten
Britten String Quartet No. 2 in C major, Op. 36
Schubert String Quartet No. 15 in G major, D. 887/Op. 161

Tickets \$27 – advance purchase recommended: online from Tickets West or call 503.224.8499 or 1.800.992.8499

AAMC Jungle Rave Dance Party w/ DJ MESHBOX

THE AAMC is hosting DJ MESHBOX from Portland on Saturday March 8th at 9pm for a Jungle Rave Dance Party! This event is part of their monthly Dance Party Event Series. DJ MESHBOX is from Kansas City, living in Portland since 1997 and has been DJ'ing at house parties and bars/venues since 2000. He spins only Vinyl (no CDs-no Laptop) and has been collecting dance music on vinyl since the mid 80's. His set will include Dancehall, Dub, Drum & Bass, Electro Bass, Florida Breaks, Gabber (Hardcore techno), Jungle, Mash-ups, Miami Bass and Techno. He's bringing some hard core dance tracks. "Kids better eat some sugar before coming to this party! **Everybody bounce!**" ~ DJ MESHBOX. Party is 21+/Bar. \$5 door. Costumes encouraged. 342 10th St, 2nd Floor Ballroom, Astoria. Fmi: astoriaartsandmovement.com.



AAMC WEEKLY SCHEDULE OF CLASSES

For info about a specific class please contact the instructor directly. Classes subject to change, for a current schedule visit: www.astoriaartsandmovement.com

MONDAY

10:00am-12noon: International Folk Dance with Drew Herzig (February 10, 17, 24; March 3 ONLY)
5:00-6:00pm: Irish Dance with Gina Marie Newkirk
7:00-8:00pm: Hip-Hop with Daylight

TUESDAY

9:00-10:00am: Zumba Fitness with Nayelli Dalida
5:30-6:30pm: Ballet (all ages and levels) with Lyndsay Harris
6:30-7:30pm: Jazz with Marco Davis

WEDNESDAY

6:00-7:00pm Tap with Marco Davis
7:00-8:15pm Belly Dance with Jessamyn Grace

THURSDAY

9:00-10:00am Zumba Toning with Nayelli Dalida
5:30-6:30pm Ballet (all ages and levels) with Lyndsay Harris
7:00-8:00pm Ecstatic Dance with Kim Hazel (February 6th & 20th ONLY)

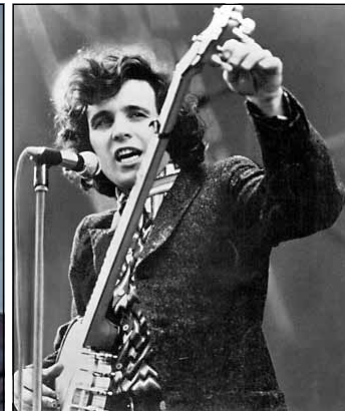
FRIDAY

5:30-6:45pm Kenpo Karate with Jon Belcher

Liberty Theater presents

Don McLean in concert with Special Guest Judy Collins

Saturday, February 22, 7:30 pm



TWO LEGENDARY singer-songwriters showcase their insightful and intimate performance styles that have made them an essential part of America's folk music heritage.

Don McLean is one of America's most enduring singer-songwriters and is forever associated with his classic hits "American Pie," "And I Love You So," "Vincent (Starry Starry Night)" and "Castles in the Air." Since first hitting the

charts in 1971, Don has amassed over 40 gold and platinum records world-wide and, in 2004, was inducted into the Songwriters' Hall of Fame. His songs have been recorded by artists from every musical genre, most notably Madonna's No. 1 recording of "American Pie" in 2000 and George Michael's version of "The Grave" in 2003, sung in protest at the Iraq War. In 2007, Don McLean shared his life story in Alan Howard's biography, *The Don McLean Story: Killing Us Softly With His Songs*.

Judy Collins has thrilled audiences worldwide with her unique blend of interpretative folksongs. Her impressive career has spanned more than 50 years; performing memorable songs like her rendition of Joni Mitchell's "Both Sides Now" on her 1967 album, *Wildflowers* which has since been entered into the Grammy Hall of Fame. Winning "Song of the Year" at the 1975 Grammy Awards was Judy's version of "Send in the Clowns," a ballad written by Stephen Sondheim for the Broadway musical "A Little Night Music."

Tickets are on sale now at the Liberty Theater Box Office 503.325.5922 Ext. 55. Open Tuesday through Saturday from 2-5:30 pm and 2 hours before curtain. Tickets are also available from Ticketswest.com or 1.800.992.8499.

Saturday 8

MUSIC

Terry Robb. Acoustic Blues guitar. \$12, 5pm at the Peninsula Arts center in Long Beach.

Niall Carol. No cover, 6 – 8pm at the Wet Dog Café in Astoria.

Reggae Bash. With Ma Barley and the Kevin Violette Experience. \$5, 7pm at the Astoria Arts and Movement Center.

Thompson Square. \$25 – \$40, 8pm at Chinook Winds in Lincoln City.

Beth Wills Rock Band. 9pm at Roadhouse 101 in Lincoln City.

Betty & The Boy. Atmospheric Indie Folk. No cover, 9pm at the Adrift Hotel in Long Beach.

Dem Ole Bones. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

Astoria's Second Saturday Art Walk. 5 – 9pm downtown Astoria.

CINEMA

Somewhere in Time. Free. 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

Wine Tasting. Wines for Valentines Day. 1 – 4pm at the Cellar on 10th in Astoria

UnWined. Wine tasting, appetizers. \$25/ person, 10 tastes with ticket (additional tastes available for purchase). 5 – 8pm at the Paulson Pavilion Liberty Theater in Astoria.

Pancake Breakfast. \$5 for adults, \$3 for children. 8am – 11am at the Peninsula Senior Activity Center in Klipsan Beach, WA

The Beach Bite. Exquisite small-plate entrees from fine restaurants. Live and silent auctions, plus live music. \$35, 4 – 7pm at the Eventuary in Lincoln City. 541-996-3810

HAPPENING

Lower Columbia Pug Socializing Club. Pugs and their people meet monthly for fun and socialization. 11am at Carruthers Park in Warrenton.

Tikkun Olum - Heal the Earth Community Art Event. This open to the public event in

Manzanita includes a fire ceremony on the beach, a healing ritual for the earth, discussions, accompanying art show and community performances taking place at the NCRD facility on 9th St. in Nehalem. Day and eve events. For more info see article on page 13.

Your Heart's Desire: A Celebration of Chocolate, Wine & Art. Free admission, noon – 5pm at the Kiawanda Community Center in Pacific City.

Rich Guzzi. Comedy & Hypnosis. \$20, 7pm at the Sand Trap Pub in Gearhart.

Antique Week. featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 www.oregoncoast.org.

Antique Week Appraisal Panel. Local experts offer appraisals for your antiques or collectibles. 5pm at the Lincoln City Cultural Center. 541-994-9994

LECTURE

Growing Orchids on the North Coast. Orchid enthusiast K.C. Heckenberg will share his love of the beautiful flowers and give some expert tips on repotting, growing areas, fertilizer, diseases, and airflow. 1pm at the Seaside Library.

Chinook Peoples of the Lower Columbia. With Robert T. Boyd, Kenneth M. Ames, and Tony A. Johnson. The talk will be followed by a book signing. 2pm in the Kern Room at the Columbia River Maritime Museum in Astoria.

Great Speaker Series. Storyteller Dan Overholser will feature tales about Tillamook County. 1pm at the Tillamook County Pioneer Museum in Tillamook.

LITERARY

Friends of the Library Book Sale. 10am – 4pm at the Naselle Timberland Library.

THEATER

The Pajama Game. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

A Doll's House. Drama. \$15 – \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 9

MUSIC

Kaplan-Weiss Duo. Classical violin & piano. \$25, 3pm at the Camp Winema Chapel north of Neskowin.

Jim Malcolm. Scottish Folk. \$20, 6pm at the Pine Grove Community House in Manzanita.

Betty & The Boy. Atmospheric Indie Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

Blue Sun. Bluegrass/Alt Country/Rock. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Thompson Square. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

CINEMA

Time For Change. A documentary about Time Banks. Discussion follows. Free, 3pm at the Columbian Theater in Astoria.

HAPPENING

Antique Week. Featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 [www.oregoncoast.org](#).

Roy Zimmerman. Political Satirist. 7pm at the Lincoln City Cultural Center. 541-994-9994

LITERARY

Friends of the Library Book Sale. 10am – 2pm at the Naselle Timberland Library.

Oregon Legacy Series. With Oregon author Pauls Toutonghi. Free 3pm at the Driftwood Public Library in Lincoln City.

THEATER

The Pajama Game. Musical. \$15, 2pm at the Barn Community Playhouse in Tillamook.

A Doll's House. Drama. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 10

MUSIC

Robin Baciore & Grand Lake Islands. Indie Pop/ Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Antique Week. featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 [www.oregoncoast.org](#).

Tuesday 11

MUSIC

Robin Baciore & Grand Lake Islands. Indie Pop/ Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Bee Keepers, New Bee Keepers & Wantabe Bee Keepers. A monthly meeting to educate and answer questions about bee keeping. 7pm at Art Space in Bay City.

Antique Week. featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 [www.oregoncoast.org](#).

LECTURE

CRMM Lecture Series. The New Columbia River Bar Pilot Boat with speaker Capt. Michael Tierney from 9:45 – 10:45am, Port of Kalama with speaker Mark Wilson from 11am – noon. \$5 admission. At the Columbia River Maritime Museum in Astoria.

Wednesday 12

MUSIC

Robin Baciore & Grand Lake Islands. Indie Pop/ Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Winemaker's Dinner. Hosted by the Stephanie Inn, the Winemaker Dinner will feature delectable cuisine and wines from Domaine Serene in the Willamette Valley. \$129/person. 6 - 8:30pm at the Stephanie Inn Dining Room in Cannon Beach. RSVP required. [Stephanie-inn.com](#)

HAPPENING

Night of All Knowledge Trivia Tournament. Trivia nights are informal, fun, competitions where teams battle to see who has the greatest knowledge of all matters trivial. Prizes will be awarded, but the main prize is knowing you have the smartest trivia team in Clatsop County. Free, 6pm at the Seaside Library.

College Transfer and Career Fair. 10am – 1pm at the Tillamook Bay Community College Main Campus in Tillamook.

Antique Week. Featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 [www.oregoncoast.org](#).

Antique Week: Historic Bus Tours – South. Explore local history as your travel through the communities that incorporated to become Lincoln

City. Free, 10am. Registration Required. FMI 541-994-9994 [oregoncoast.org](#)

LITERARY

Open Mic Poetry. Free, 6pm at the Driftwood Public Library in Lincoln City.

Thursday 13

MUSIC

The Harmed Brothers. Americana. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Antique Week. featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 [www.oregoncoast.org](#).

Antique Week: Historic Bus Tours – North. Explore local history as your travel through the communities that incorporated to become Lincoln City. Free, 2pm. Registration Required. FMI 541-994-9994 [oregoncoast.org](#)

LECTURE

Food Culture of Clatsop County. With Kristin Frost Albrecht, Teresa Retzlaff, Kelly Huckestein, and Alana Kujala. A conversation about the challenges and successes happening in your North Coast local food system. Free, 7pm at Fort George in Astoria.

Friday 14

MUSIC

The Harmed Brothers. Americana. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Opening Reception. Purely Pastel Art Exhibit. 5 – 7pm at the Lincoln City Cultural Center.

HAPPENING

Antique Week. featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 [www.oregoncoast.org](#).

Sweetheart Dance. With the Lincoln Pops Orchestra. 7pm at the Lincoln City Cultural Center. 541-994-9994

OUTSIDE

Great Backyard Bird Count. Bring your family, friends, binoculars, and field guide books for the Great Backyard Bird Count. An annual event that engages all ages of birders at all experience levels in counting birds to create a real-time snapshot of where the birds are across the planet. Along with the actual bird counting activities, the park has planned four days of bird-related events. At Fort Clatsop, Warrenton.

THEATER

A Doll's House. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 15

MUSIC

Ian McFeron. Rootsy Americana. No cover, 9pm at the Adrift Hotel in Long Beach.

Erotic City. A Prince tribute band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Megan James Band. 9pm at Roadhouse 101 in Lincoln City.

CINEMA

Somewhere in Time. Free, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

High Tea. 1pm at the Thyme Square Bistro in Cathlamet. For reservations call 360-795-8800

Wine Tasting. Firriato (Sicilian). 1 – 4pm at the Cellar on 10th in Astoria

Winemaker's Dinner. Firriato (Sicilian). Reservations required. 4pm at the Cellar on 10th in Astoria. 503-325-6600

HAPPENING

Festival of Dark Arts. Throughout the Fort George Campus, you can feast your senses on an array of dark art including the Dark Art Gallery, a blacksmith forge, tattoo artistry, glass blowing, belly dancing, cigar tent, fire dancing, stout inspired cuisine, tarot card reading, old fashioned photography and stout. Admission is free, \$10 for a festival glass and 10 tastes, or \$1 per taste. 2 – 10pm at Fort George in Astoria. [fortgeorgebrewery.com/festivalofdarkarts](#)

Game Day at the Library. Relax and have fun with family and friends at the library's free monthly Game Day. Choose from a wide variety of board games, card games, and LEGO® bricks for all ages. 2 – 4pm at the Astoria Public Library.

United Paws Monthly Adoption Day. This is a great time to stop in and see all the kittens, cats and dogs that need new forever homes. Noon – 3pm at the Tillamook County Fairgrounds.

Antique Week. featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 [www.oregoncoast.org](#).

Antique Appraise-a-Thon. Frank Loomis will hold verbal appraisal clinics from 10am-1pm in the convention center at Chinook Winds in Lincoln City. Appraisals \$10 per item, 3 for \$25 or free to watch. FMI 541-996-2323 [oregoncoast.org](#)

Lincoln City Super Auction. At the Aces Bar & Grill at Chinook Winds in Lincoln City. 541-994-3070

LECTURE

Antiques 101: A Crash Course. With Frank Farmer Loomis. Free, 2pm at the Lincoln City Cultural Center. 541-994-9994 [oregoncoast.org](#)

LITERARY

Manzanita Writers' Series. Author Karen Karbo will read from her book "Julia Child Rules." Open Mic session follows. \$5, 7pm at the Hoffman Center in Manzanita.

Nye Beach Writer' Series. Author Monica Drake will read from her work. Open Mic session follows. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Great Backyard Bird Count. Also, from 10am to 3pm, a bird-themed children's crafts, face-painting and education corner will be available in the visitor center. At Fort Clatsop, Warrenton.

Birding Walk. With Ranger Dean Osis. Please, no dogs. Dress for the weather. Starting at 9am at the Visitor Center Lobby at Fort Clatsop, Warrenton.

THEATER

Auditions. For ASOC's Real Lewis & Clark Story. Noon -2pm at the ASOC Playhouse in Astoria.

A Doll's House. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 16

MUSIC

Arnica String Quartet. Classical. \$27, 2pm at the Liberty Theater McTavish Room in Astoria.

Zuhg. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Ian McFeron. Rootsy Americana. No cover, 7pm at the Adrift Hotel in Long Beach.

Moody Little Sister. No cover. 8pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

Pancake Breakfast. All-you-can-eat for \$5, 8am – noon at the Bay City Arts Center.

Cannon Beach American Legion Breakfast. \$7 adults, \$3 children under 6. 9 – 11:30am at the American Legion Hall in Cannon Beach.

Fundraising Dinner. \$7 for adults and \$5 for children includes. 5 - 6:30pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

HAPPENING

A Sweet Affaire. Live music, wine & beer tasting, appetizers, live & silent auction, and more. \$35, 2 – 4:30pm at the Seaside Convention Center.

Antique Week. featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 [www.oregoncoast.org](#).

LECTURE

In Their Footsteps Lecture Series. Condors of the Columbia. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Warrenton.

OUTSIDE

Great Backyard Bird Count. At Fort Clatsop, Warrenton.

THEATER

A Doll's House. Drama. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 17

MUSIC

Naomi Hooley & Rob Stroup. Indie Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Ice Cream Social. The public is invited for cake & ice cream + birthday celebration. \$1 suggested donation, free if it's your birthday month. 2pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

HAPPENING

Antique Week. featuring citywide antique sales and more. In Lincoln City. FMI 800-452-2151 [www.oregoncoast.org](#).

LITERARY

Lunch in the Loft. With author Kristina Morris, who will read from her book "The Pieces We Keep." \$20, includes catered lunch and signed copy of the book. At Beach Books in Seaside. RSVP at 503-738-3500

OUTSIDE

Great Backyard Bird Count. At Fort Clatsop, Warrenton.

THEATER

Auditions. For ASOC's Real Lewis & Clark Story. 6 -8pm at the ASOC Playhouse in Astoria.

Tuesday 18

MUSIC

Naomi Hooley & Rob Stroup. Indie Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

CRMM Lecture Series. War of 1812 and the Columbia River with speaker Jeff Smith from 9:45 – 10:45am, The Future of Marine Renewable Energy in Oregon with speaker Jason Busch, 11am – noon. \$5 admission. At the Columbia River Maritime Museum in Astoria.

Wednesday 19

MUSIC

Naomi Hooley & Rob Stroup. Indie Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Listening to the Land. "Sustainable Food & Fish" with Marianne Myers. Join Myers to explore how the local/sustainable food movement is playing out in Clatsop County. Free, 6pm at the Seaside Library.

Thursday 20

MUSIC

Sara Jackson-Holman. R&B/Indie Soul. No cover, 7pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Fundraising Dinner. \$7 for adults and \$5 for children includes. 5 - 6:30pm at the Peninsula Senior Activity Center in Klipsan Beach, WA

LECTURE

The One Minute Lie Detector. With author Enes Smith. During casual conversations or in-depth interviews, have you ever wanted to be able to detect deception? Enes Smith will show you some practical tools to quickly determine if you are being lied to, and to influence anyone to tell the truth. Free, 7pm at the Seaside Library.

LITERARY

FisherPoets Gathering. Performance Poetry, Spoken Word, Live Music, Art, Workshops and more. At various locations in and around Astoria. [fisherpoets.org/fisherpoets-gathering-2014.html](#)

Storytime for Grownups. Darkness Into Light: Readings for Mid-Winter. With Liz Cole. Suggested donation of \$5, 7pm at the Hoffman Center in Manzanita.

THEATER

A Doll's House. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Friday 21

MUSIC

Seaside Jazz Festival. Three day jazz festival with twelve bands, five venues, five dance floors, food & beverage, shuttle, gospel service, and afterglow party. Festival badges available for \$20 - \$95. At several venues in downtown Seaside. [FMI jazzseaside.com/About.htm](#)

Peter Pants. No cover, 7pm at the Sand Trap Pub in Gearhart.

Tannahill Weavers. 7pm at the Lincoln City Cultural Center. 541-994-9994

Sara Jackson-Holman. R&B/Indie Soul. No cover, 7pm at the Adrift Hotel in Long Beach.

LITERARY

FisherPoets Gathering. Performance Poetry, Spoken Word, Live Music, Art, Workshops and more. At various locations in and around Astoria. [fisherpoets.org/fisherpoets-gathering-2014.html](#)

Listings continued on pg. 21

MORE MUSIC



Hillfolk Noir

FRONTED BY singer, songwriter and multi-instrumentalist Travis Ward, Hillfolk Noir is a trio of neo-traditionalists playing traditional music on traditional instruments for non-traditional times. They call it Junkerdash, and it's a sound brewed from folk, blue-

grass, punk, string-band blues and other influences musical and otherwise. Recommended pairings: Drinking and dancing. W/ Gregory Rawlings. **Sunday, February 16 at Fort George, 8pm No Cover.**

Hillbilly Jazz

LOCAL LEGENDS,

Turtle VanDemarr (Dan Hicks, Jim Kveskin Jug Band, Freak Mountain Ramblers) and David Reisch (Holy Modal Rounders, Michael Hurley, Freak Mountain Ramblers) are joined by newcomer to the Portland music scene, Jazzy VanDemarr. Turtle and David have played music together in different configurations in Portland for over 40 years. For the past 14 years these two respected and sought-after Portland music veterans have been band mates with the wildly popular local band - The Freak Mountain Ramblers. Jazzy has studied and been involved in musical theater, performing on stage for the past 15 years. Her singing style is a



little bit sassy with a lot of strong jazz influence. This trio is covering everything from Johnny & June to Ella & Louis with added hilarious stage banter. They are the foremost proponents of a new music genre - Hillbilly Jazz.

Friday, Feb 21, 7-10pm at the Sandtrap in Gearhart. No Cover. Kids Welcome.

The Lowest Pair

THE LOWEST Pair is a quirky, old-timey influenced duet, featuring the high lonesome harmonies of banjo pickin’ sweethearts Kendi Winter and Palmer T. Lee. Old and original songs, often somewhere in between, The sweet and powerful duet plays on a city folk front with a back porch sentiment.

February 24 – 26, 7pm @ [pickeld fish] in Long Beach.

theater & performance.

Storytime for Grownups

with Actor Liz Cole at the Hoffman Center
February 20

LIZ COLE will perform readings at the Hoffman Center on Thursday, February 20, 2014 at 7p.m. This time Liz has chosen the theme of "Darkness Into Light: Readings for Mid-Winter." There will be stories and poems about the season of transition from deep winter moving slowly into early spring. The material will be rich in both humor and poignancy. Audience members can look forward to an evening of beautiful readings followed by thoughtful conversation.

Liz last held a Storytime for Grownups at the Hoffman Center in November of last year using a framework of "The Seven Ages of Man" by William Shakespeare.

Liz Cole has had a long acting career on the professional stage, and has also made TV guest-star appearances on Seinfeld, ER, Star Trek, The Practice, Judging Amy, Las Vegas, and many others.

She originated the leading role in Margaret Edson's Pulitzer Prize-winning drama *Wit* in 1995, for which she received the L.A. Drama Critics' Circle Award for Outstanding Performance. She also tours with "The Wisdom of Wit," her solo version of the play.

Liz has performed locally for various benefit events (Lower Nehalem Land Trust, Rinehart Clinic, Nehalem Valley Historical Society). Recently she appeared in the original solo play *Lost Pioneer*, which she developed with Mark Beach and Portland playwright Ellen West. The play, presented seven times in this area, is based on the lives of three women who homesteaded in Tillamook County in the 1890s, and blends biographical data with historical imagination.

To find out more about Liz Cole's career and watch a demo reel of selected TV appearances go to megancole.net.



There is a suggested donation of \$5 and all proceeds will go to support the Hoffman Center's programs. Doors open at 6:30 p.m. Come early, seating is limited. Refreshments will be served.

The event will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) (Further information is available at hoffmanblog.org online or email hoffmancenter@nehalemtnet.net.)

Wake-Up! To THE PAJAMA GAME

TAPA presents



THE DANGERS of a workplace romance are explored to hysterical effect in this romantic comedy from the creators of *DAMN YANKEES*. Conditions at the Sleep-Tite Pajama Factory are anything but peaceful, as sparks fly between new superintendent Sid Sorokin and Babe Williams, leader of the union grievance committee. Their stormy relationship comes to a head when the workers strike for a 7 and a half cent pay increase, setting off not only a conflict between management and labor, but a battle of the sexes as well.

Bright and brassy, this unconventional, fast-paced Broadway favorite is every bit

the embodiment of legendary director George Abbott at his brimming with songs and dances which have become popular and musical theatre standards (among them "Hey There," "Steam Heat" and "Hernando's Hideaway") and features plenty of splashy, fun production numbers. For solid, classic musical comedy, it's hard to beat *THE PAJAMA GAME*!

LAST Performances: 7, 8, at 7pm, February 9 at 2pm. Reservations available at 503-842-7940. At The BARN, 1204 Ivy St. in Tillamook.

\$15/Adults, \$10.00/Students/Seniors, \$40 for a family of four.

ASOC Children's Theater • The Adventures of Beatrix Potter • Opens Feb 21

THE ASTOR Street Opry Company's 6th season Winter Children's production "The Adventures of Beatrix Potter and Her Friends" by Joseph Robinette, opens February 21 at the ASOC Playhouse 129 West Bond Street Uniontown Astoria and will run for three weekends through March 9th every Friday evening at 7:00pm and Saturday and Sunday afternoons at 2:00pm. Reservations are recommended! To purchase tickets go on line @ www.astorstreetycompany.com or call our box office at 503-325-6104. Or for

only \$10 for adults and \$6 for kids 12 and remember FRIDAYS all seats just \$5.00!

Directed by Heather Ramsdell with Music Direction by ChrisLynn Taylor and assistant direction by Kim Mitchell, this full length fun Musical Theatre presentation is based on the life and stories of the creator of "Peter Rabbit". Included in the 2014 kids theatre cast of fun familiar characters by Beatrix Potter ranging from Tom Thumb Mother Rabbit and Helen Potter are: Aiden Riutta, Andy Link, Brodi Vanli-

eshout, Brooke Blankenship, Catalina Smith, Danyle Lombardi, Emily Bergerson, Joe Lombardi, Jonah Griffin, Josie Posey-Nice, Kyle Blanton, Kylie Jones, Laurel Pritchard, Leila Brown, Lexi Reibold, Lindsay Riutta, Maevri Bergerson, Malachi Keefe, Mason Brown, Megan Griffin, Nathan Jones, Nicole Blankenship, Nicole Ramsdell, Riley Mitchell, Sadie Miravalle, Sahalie Heavenrich and Torin Keefe.

Don't miss this fun, local colorful all ages live theatre production!

The Red Show At Cannon Beach Gallery

THE CANNON Beach Gallery hosts an All Juried Show with the theme of "Red" from February 1-24. The guest curator for Red is Danielle Knapp, the McCosh Associate Curator at the Jordan Schnitzer Museum of Art in Eugene Oregon. Artists from across the region participate in the Juried Show program at the Cannon Beach Gallery with a wide variety of mediums are represented in the final show.

Guest curator, Danielle Knapp, received her MA in Art History with a graduate certificate in Museum Studies from the University of Oregon and BA in Art History and French from Eastern Washington University. She has been employed at the Jordan Schnitzer Museum of Art, since 2010. Previous jobs and internships include the Lorinda Knight Gallery, the Northwest Museum of Arts and Culture, and People to People Citizen Ambassador Programs. Ms. Knapp's research interests include historical and contemporary American art; Northwest regional art, especially looking at the role of museums



Don Frank, *Opera for One*, photograph, 2013

and academic institutions in shaping regional trends in the arts; and the artistic and pedagogical practices of artists who teach. As associate curator at the JSMA, she manages the David John and Anne Kutka McCosh Memorial Collection and Archive, curates exhibitions of American and Regional art, responds to research inquiries from scholars and the general public, and facilitates academic access to the permanent collection.

Cannon Beach Gallery is located at 1064 Hemlock, Open Thurs – Mon, 10am to 4pm.

65 Pots for 65 Years: David Campiche Celebrates at RiverSea Gallery



AT RIVERSEA Gallery in Astoria, David Campiche, ceramic artist, writer and poet from the Long Beach Peninsula, presents a selection of 65 sculptural works in clay in honor of his 65th birthday in an exhibition titled, *Campiche 65*. He has spent six months creating this collection, which includes wood-fired, gas-fired and pit-fired pieces and the great variety of style and technique is a testament to his talent and dedication.

An opening reception for *Campiche 65* will be held Saturday, February 8, from 5:00 to 8:00 pm, during Astoria's Second Saturday Artwalk, and the show will continue through March 8, 2014.

In his youth Campiche became fascinated with working in clay as an art student in New York. It was during this

time that he met the acclaimed Japanese American ceramic artist, Toshiko Takaezu. He credits her with transforming his life by setting him on a path he continues on to this day, making art from clay. Today, Campiche treasures his long friendship with Richard Rowland, ceramics instructor at Clatsop Community College, and praises him for sharing his love and mastery of anagama, a centuries old wood-fire technique. Likewise, the community of potters involved with Rowland's Astoria Dragon Kiln has been a continuing source of inspiration and sharing.

Campiche enjoys the entire process of creation, especially the sense of grounding he gets as he centers a bowl of clay on the wheel. He considers each step in making this contemporary art form as a connection to the practices of generations past. Campiche hikes through forests and shorelines near his home to dig local clay, blending it with porcelain to achieve a unique amalgam to work with. Always experimenting, he mixes his own glazes with inspired combinations of ground feldspar, granite, beach sand and wood ash. Each component is chosen to contribute a particular effect. In the last step, this pastiche of natural materials interplays with fire to bring glowing color and rustic texture to his forms.

This collection of vessels and sculpture speaks of the artist's personal journey and celebrates both historic and modern ceramic traditions.

RiverSea Gallery is open daily at 1160 Commercial Street in historic Astoria, Oregon.

art happens.

Nudes Downtown 2014: A Celebration of the Human Form

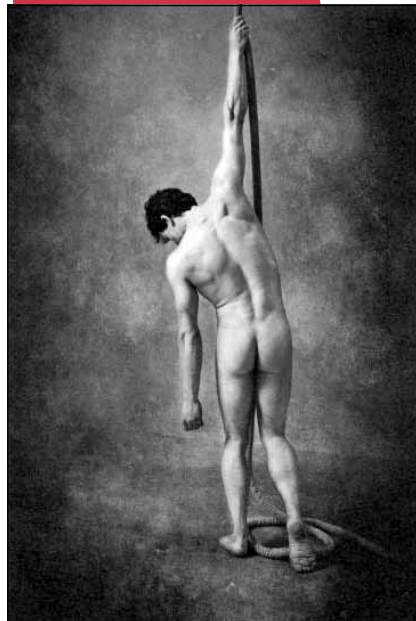
Astoria 2nd Saturday Art Walk

IN CELEBRATION of the Art Center Gallery's annual juried show, *Au Naturel: The Nude In the 21st Century* at Clatsop Community College, Astoria art venues present *Nudes Downtown 2014*. This annual exhibition is a

compendium of art inspired by *Au Naturel*, and designed to be a companion show bringing into the broader community a tribute to



Girl in a Dark Room by Yvonne Edwards, at Tempo Gallery



Michael Puff, Untitled, at LightBox

the nude in contemporary art. A diverse collection will be shown in galleries throughout downtown Astoria, creating



Jo Ellen Rademacher "Thinking Outside The Box" acrylic, at IMOGEN

a grand tour of art entirely focused on the theme of humankind in its most elemental form. All the venues involved have scheduled opening receptions for *Nudes Downtown 2014* during Astoria's Second Saturday Artwalk on February 8, from 5:00 to 8:00 pm.



Roger Dorband at Clemente's



"Reclining Nude" by Anna Kodesch, oil on canvas, at RiverSea

VENUES AND ARTISTS

RiverSea Gallery • 1160 Commercial St.

Selected for exhibition at RiverSea are thirteen artists, including some regularly represented at the gallery along with guest artists chosen especially for their affinity with depicting the human figure. Works in painting, printmaking, drawing, fiber art and ceramic sculpture will be shown. Exhibiting artists are Harry Bennett, Rhonda Grudenic, Jack Guyot, Anna Kodesch, Lea McComas, Pamela Mummy, Sagan Newham, Robert Paulmenn, Leslie Peterson, Colin Poole, Nicole Rawlins, Noel Thomas, and Penny Treat.

Imogen Gallery • 240 11th St.

The work of Christos Koutsouras, Bethany Rowland, Jo Ellen Rademacher and Kerri Warner.

LightBox Gallery • 1045 Marine Drive

LightBox Photographic Gallery opens the "Once Upon a Nude" exhibit with an artists' reception on Saturday February 8th from 6-9p.m. This is the fourth year of the annual juried exhibit, a collection of photographic prints exploring the artistic and creative view of the body and it's form, dedicated to the creative spirit of Ruth Bernhard, who was hailed by Ansel Adams as "the greatest photographer of the nude".

The exhibit consists of works from 47 photographic artists from around the country as well as The Netherlands, Italy and Belgium. LightBox was honored to have Mark Sink as juror for this exhibit. Mark is a photographer, curator and teacher from Denver, Colorado. Sink selected a total of fifty two images for this years exhibit.

Clemente's • 1198 Commercial St.

For the 2014 Nudes Downtown, Clemente's Restaurant will be showcasing artworks by 4 Astoria artists; Renowned artist, sculptor, and photographer, Roger Dorband, printmaker Normandie Hand, Jamie Boyd from Studio 11, and Kristin Shauck, art instructor at Clatsop Community College and creator of the AuNaturel Show. These artworks will be displayed through the month of February and March.

Tempo Gallery • 1271 Commercial St.

Elizabeth Bonn Zimmerman, Yvonne Edwards, Vicki Baker and Bettelu Krause, 4 of TEMPO Gallery's 10 artists, will display artwork depicting Nudes as part of "Nudes Downtown" at Tempo Gallery, 1271 Commercial St., Astoria. TEMPO will feature music by the jazz trio "Grand Avenue."

ALSO:

In-D Hair Gallery located at 2921 Marine Dr.

Old Twon Framing Co., 1287 Commercial St.

Friday

MUSIC

Bill Hayes. Rock/Folk/Bluegrass. No cover, 5 – 8pm at the Cannon Beach Cookie Company.

Mix & Mingle Jazz Night. With jazz guitarist Wes Wahrmund & friends. Refreshments will be served. Free, 6 – 8:30pm at the Cannon Beach Gallery.

Tom Trudell. Jazz piano. No cover, 6– 9pm at the Shelburne Restaurant & Pub in Seaview, WA.

Asleep at the Switch. Blues, Country, 40's, & 50's. Free (donations accepted), 6 – 8pm at the City Hall in Garibaldi.

Thomasian Trio & Maggie Kitson. Blues/Classic Rock. No cover, 7-11pm at Sweet Basil's Café in Cannon Beach.

Open Mic. Musicians, singers and comedians are all welcome. Each performer will receive \$1 off pints of beer or cider. Perform or just enjoy the show. 7:30 – 9:30pm at Hondo's Brew & Cork in Astoria,

HAPPENING

Friday Night Mixer. Enjoy a social hour at the gallery, with art and conversation, plus beverages provided by Astoria Coffeehouse, 5 – 7pm at Imogen Gallery in Astoria.

Saturday

MUSIC

Musician's Jam. Free, 2 – 4pm at the Tillamook Library.

Jennifer Goodenberger, Classical/Improvisational/Contemporary piano music. No cover, 6pm at the Shelburne Restaurant in Seaview, WA

The Honky Tonk Cowboys. Country. No cover, 7 – 10p at the Astoria Moose Lodge.

FOOD & DRINK

Wine Tasting Special. \$9 for 4 2-oz pours + complimentary appetizers. 4 – 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Sunday

MUSIC

All That Jazz. Jazz. No cover (donations accepted). 2pm at the Wet Dog Café in Astoria.

North Coast Country Band. No cover, 3 – 6pm at the Astoria Moose Lodge.

Brian Johnstone, Flamenco/Jazz/Blues. 5 – 7pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

The Thomasian Trio with Maggie Kitson. Jazz/Blues/Classic Rock. 7pm at Moody's Supper House in Seaside.

Steve Sloan. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Indoor Winter Farmers Market. 4 – 5 farmers will vend every week. 2 – 5pm at the Nehalem Beehive.

Monday

HAPPENING

Burgers & Jam Session. 6 – 9pm at the American Legion Hall in Cannon Beach.

Tuesday

MUSIC

Richard T. Blues. No cover, 5:30 – 8:30pm at T Paul's Supper Club in Astoria.

Brian O'Connor. Jazz guitar. No cover, 6pm at the Shelburne Inn in Seaview, WA

Salty Dogs. Folk/Blues/Classic Rock. No cover, 6:30pm at the U Street Pub in Seaside.

Bruce Thomas Smith. Acoustic. 7:30pm at Moody's Supper House in Seaside.

Open Jam. Hosted by One Way Out. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Teen Tuesdays. Free special events just for teens in 6th through 12th grades. Activities include movie making, video game nights, crafts, and movie nights. 3:30 – 4:30pm at the Seaside Library. FMI visit seasidelibrary.org

Wednesday

MUSIC

George Coleman. Pop/Jazz/Folk/Rock. 5:30 – 9pm at Shelburne Restaurant and Pub in Seaview.

The Coconuts. Swing/Jazz/Country/Bluegrass/Folk. 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Salty Dogs. Folk/Blues/Classic Rock. No cover, 6pm at the Rio Café in Astoria,

Jam Session. No cover, 7pm-ish – 10pm at the Moose Lodge in Astoria.

Moody's Music Jam. Bruce Thomas Smith will host a music jam every Wednesday. Everyone is welcome. 7 – 9pm at Moody's Supper House in Seaside.

Dan Golden. World Music. 7:30 – 10:30pm at McKeown's Restaurant & Bar in Seaside.

HAPPENING

Ecstatic Dance. Spirit-filled, freestyle, yogic trance dance. \$5 - \$7, 6:30 – 7:45pm, at Pine Grove Community House in Manzanita

SPIRITUAL

Ocean Within Awareness Group. Mission: to actively move toward our true nature and become one with the Ocean Within. Meetings will have two short meditation sessions, group discussions, and a focus practice for the week. All faiths/paths welcome. 6:30 – 7:30pm at the Astoria Indoor Garden Supply. FMI 503-741- 7626

Thursday

MUSIC

Brian O'Connor. Jazz. 6pm at the Shelburne Inn in Seaview.

Live Music. No cover, 6pm at U Street Pub in Seaside.

Paul Dueber. Folk music from the 70s and 80s. No cover, 6 – 8pm at the Cannon Beach Hardware & Pub.

The Thomasian Trio. Jazz/Blues/Classic Rock. No cover, 6pm at Twisted Fish Steakhouse in Seaside.

Basin Street NW. Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria.

Steamin' Stan Ruffo. Blues/Jazz/Soul/Rock. No cover, 7 – 10pm at Moody's Supper House in Seaside.

Jim Wilkins. 7pm at the Voodoo Room in Astoria.

Salty Dogs. Folk/Blues/Classic Rock. No cover, 9pm at Sam's Seaside Café in Seaside.

ART

Knitting/Spinning Group. 3 – 5pm at the Astoria Fiber Arts Academy.

HAPPENING

Trivia Night. Bring a team or just bring yourself and test your knowledge of useless (or possibly useful) facts. 6pm at the Ship Inn in Astoria.

Poet & Songwriters Circle. If you are interested in writing poetry/songs, please drop in and join the group. 7pm at the Bay City Arts Center.

OUTSIDE

Cupid, Birdies, and Eagles Golf Tourney. \$55/ player, cart rental is \$15/player. Noon shotgun start at the Gearhart Hotel.

THEATER

Winter Children's Theater. \$10, 7pm at the ASOC Playhouse in Astoria.

A Doll's House. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 22

MUSIC

Troll Radio Revue. Americana. \$2 for adults, free for children. 11am – noon at Fort George in Astoria.

Seaside Jazz Festival. Three day jazz festival with twelve bands, five venues, five dance floors, food & beverage, shuttle, gospel service, and afterglow party. Festival badges available for \$20 - \$95. At several venues in downtown Seaside. FMI jazzseaside.com/About.htm

Don McLean with Special Guest Judy Collins. \$30 - \$60, 7:30pm at the Liberty Theater in Astoria.

Joybox. 9pm at Roadhouse 101 in Lincoln City.

Thunder Road. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

The Winterlings. Americana. No cover, 9pm at the Adrift Hotel in Long Beach.

CINEMA

Rio. Free, 2 – 4pm at the Astoria Public Library.

FOOD & DRINK

Wine Tasting. Worldwide Syrahs1 – 4pm at the Cellar on 10th in Astoria

HEALTH

Cover Oregon Application Fair. Hosts will answer questions and provide one-on-one assistance to help you sign up for health insurance coverage for 2014. Application assistance is free, Spanish bilingual staff will be available and agents will be available to provide plan advice when needed. Appointments are available on Eventbrite.com and walk ins are welcome. 10am – 6pm at the dorm building at the Tillamook County Fairgrounds in Tillamook. FMI CoverOregon.com

LITERARY

FisherPoets Gathering. Performance Poetry, Spoken Word, Live Music, Art, Workshops and more. At various locations in and around Astoria. fisherpoets.org/fisherpoets-gathering-2014.html

Oregon Reads. Tim Barnes will read from “A Big Foot Children's Tale, Everybody Out Here Knows", and other poems by William Stafford. Collage art with Teena following the reading. Free, 3pm at the Driftwood Public Library in Lincoln City.

THEATER

Winter Children's Theater. \$10, 2pm at the ASOC Playhouse in Astoria.

A Doll's House. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 23

MUSIC

Seaside Jazz Festival. Three day jazz festival with twelve bands, five venues, five dance floors, food & beverage, shuttle, gospel service, and afterglow party. Festival badges available for \$20 - \$95. At several venues in downtown Seaside. FMI jazzseaside.com/About.htm

David Myles Trio. \$15, 2pm at the Historic Raymond Theater in Raymond.

The Winterlings. Americana. No cover, 9pm at the Adrift Hotel in Long Beach.

Lil Smokies. 8pm at Fort George Brewery & Public House in Astoria.

North Coast Symphonic Band. Celtic Traditions. Special Guests: Hanz Araki & Cary Novotny on wooden flute and guitar. \$10, 1:30pm at the Liberty Theater in Astoria.

HAPPENING

PNPW Wrestling. Cost is \$50 for a booth (holds up to six), \$15 for ringside seats. \$10 general admission, and \$5 for children 10 and younger. Starts at 5pm at the Astoria Event Center.

HEALTH

Cover Oregon Application Fair. 10am – 6pm at the dorm building at the Tillamook County Fair-grounds in Tillamook. FMI CoverOregon.com

LITERARY

FisherPoets Gathering. Performance Poetry, Spoken Word, Live Music, Art, Workshops and more. At various locations in and around Astoria. fisherpoets.org/fisherpoets-gathering-2014.html

THEATER

Winter Children's Theater. \$10, 2pm at the ASOC Playhouse in Astoria.

Monday 24

MUSIC

Kendl Winter & Palmer T Lee (Of the Lowest Pair). Bluegrass/Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

Tuesday 25

MUSIC

Kendl Winter & Palmer T Lee (Of the Lowest Pair). Bluegrass/Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

CRMM Lecture Series. A Conversation with a Columbia River Bar Pilot with speaker Capt. Thron Riggs from 9:45 – 10:45am, West Coast Ground-fish Observer Program with speaker Ryan Shama, 11am – noon. \$5 admission. At the Columbia River Maritime Museum in Astoria.

Wednesday 26

MUSIC

Kendl Winter & Palmer T Lee (Of the Lowest Pair). Bluegrass/Folk. No cover, 7pm at the Adrift Hotel in Long Beach.

Thursday 27

MUSIC

Left Coast Country. Bluegrass/Country. No cover, 7pm at the Adrift Hotel in Long Beach.

LECTURE

Ales and Ideas Lecture Series. The Global Campaign to End Polio with Lessons for Our Local Community Immunization Efforts. With Laurie Chate. 7pm at the Lovell Showroom at Fort George in Astoria.

Friday 28

MUSIC

Country Music Jam. Free, 7 – 9pm at the Wickup Senior Center in Svensen.

Sonny Hess. Blues. No cover, 7pm at the Sand Trap Pub in Gearhart.

Creedence Clearwater Revisited. Classic Rock. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

Left Coast Country. Bluegrass/Country. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

Cannon Beach Yoga Festival. All-weekend pass is \$350. FMI CannonBeachYogaFestival.com

Manzanita Community Talent Show. 7 – 9pm at the Hoffman Center in Manzanita.

CINEMA

Inequality for All. with Robert Reich and community conversation with Chuck Sheketoff. 6:30pm at the PAC in Astoria.

THEATER

Winter Children's Theater. \$10, 7pm at the ASOC Playhouse in Astoria.

Saturday 1

MUSIC

John Craigie. Folk. 7pm at the Lincoln City Cultural Center. 541-994-9994

Melissa Linder. 7 – 9pm at Moody's Supper House in Seaside.

An Evening with Ryan Walsh. Classical guitar. \$15, 7pm in the McTavish Room at the Liberty Theater.

Creedence Clearwater Revisited. Classic Rock. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

Lewi Longmire. No cover, 9pm at the Adrift Hotel in Long Beach.

Undertow. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

First Saturday Art Walk. 5 – 8pm at galleries and businesses in Seaside and Gearhart.

FOOD & DRINK

Wine Tasting. Wines from Greece. 1 – 4pm at the Cellar on 10th in Astoria

HAPPENING

Game Day at the Library. Relax and have fun with family and friends at the library's free monthly Game Day. Choose from a wide variety of board games, card games, and LEGO® bricks for all ages. 2 – 4pm at the Astoria Public Library.

Cannon Beach Yoga Festival. All-weekend pass is \$350. FMI CannonBeachYogaFestival.com

OUTSIDE

Beach Cleanup. Help clean up Seaside beaches. Meet up at the Seashore Inn on the Beach in Seaside at 9am.

THEATER

Winter Children's Theater. \$10, 2pm at the ASOC Playhouse in Astoria.

Sunday 2

MUSIC

Bluegrass Music Jam. 1 – 3pm at the Tillamook Forest Center.

Lewi Longmire. No cover, 7pm at the Adrift Hotel in Long Beach.

Weather Machine. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Gaunt & Rose. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Cannon Beach Yoga Festival. All-weekend pass is \$350. FMI CannonBeachYogaFestival.com

LECTURE

Lower Columbia Diversity Project. Clifton Ross and Marcy Rein, editors of the book, “Until the Rulers Obey: Voices from Latin America Social Movements,” will offer highlights of what we can learn from the leaders, scholars and activists featured in the book. Free, 6pm at Blue Scorcher in Astoria.

OUTSIDE

Half Marathon & 10K Race. Race begins at 9:00AM at Wapiti Park on Drift Creek Road in Lincoln City. FMI contact Karl at 541-994-2131

SPIRITUAL

Community HU Song. Regardless of your beliefs or religion, you can sing HU, an ancient name for God, to become happier and more secure. It is simply for the spiritual uplift of those who come and is not directed to any other purpose. Presented by Eckankar. Free, 1:30pm at the Seaside Library.

THEATER

Winter Children's Theater. \$10, 2pm at the ASOC Playhouse in Astoria.

Monday 3

MUSIC

Pepper Proud. No cover, 7pm at the Adrift Hotel in Long Beach.

Tuesday 4

MUSIC

Pepper Proud. No cover, 7pm at the Adrift Hotel in Long Beach.

ART

Monthly Photo Salon. 7 – 9pm at the Hoffman Center in Manzanita.

HAPPENING

The Green Fields of America. Joe and Paula McHugh lead the audience on a journey through history using storytelling, folk music and paintings to help make America's rich and complex history come alive in ways that both delight and surprise. Free, 6 - 7:30pm.

Wednesday 5

MUSIC

Pepper Proud. No cover, 7pm at the Adrift Hotel in Long Beach.

Thursday 6

FOOD & DRINK

Savor Cannon Beach Wine & Culinary Festival. Four days of wine tastings, culinary and arts events and a wine walk showcasing Northwest wineries. \$119 for all-festival ticket or \$30 per event. At various locations in Cannon Beach.

savorcannonbeach.com/articles/savor-cannon-beach-wine-and-culinary-festival-2014

HAPPENING

First Thursday Trivia. Teams of 1-5 compete for universal admiration and fantastic prizes. Sign up ahead of time or just show up! Free, 5:30 – 6:30pm at the Astoria Public Library.

LITERARY

March Mystery Madness. Author appearances, Library Open House, and book signing. Author Wendy Madar will present from noon – 1:30pm at Room 213 in Columbia Hall, Open House & book signing from 3 – 5pm, at the CCC Library author Bill Cameron will present from 6:30 – 8pm at the PAC in Astoria.

THEATER

The Big Five-Oh. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5663

Friday 7

FOOD & DRINK

Savor Cannon Beach Wine & Culinary Festival. Four days of wine tastings, culinary and arts events and a wine walk showcasing Northwest

wineries. \$119 for all-festival ticket or \$30 per event. At various locations in Cannon Beach.

savorcannonbeach.com/articles/savor-cannon-beach-wine-and-culinary-festival-2014

LITERARY

March Mystery Madness. Erika Moen and Jeff Parker, Portland-based authors and illustrators of the popular webcomic “Bucko” will discuss their approach to the mystery genre in the comic medium. 6 – 8pm at the Astoria Public Library.

THEATER

Winter Children's Theater. \$10, 7pm at the ASOC Playhouse in Astoria.

The Big Five-Oh. Comedy. \$12, 8pm at Theater West in Lincoln City. 541-994-5663

Saturday 8

MUSIC

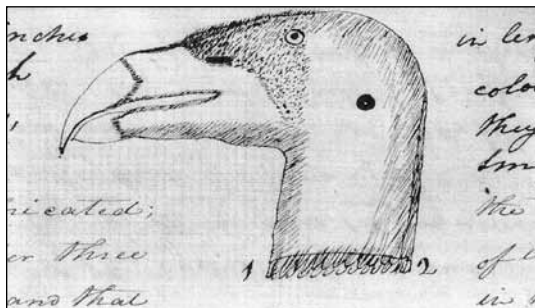
Scott Law. Guitar music. \$12, 5pm at the Peninsula Arts Center in Long Beach.

James Manuele. 7pm at the Lincoln City Cultural Center. 541-994-9994

A Simple Colony. Pop. No cover, 9pm at the Adrift Hotel in Long Beach.

Jungle Rave Dance Party. With DJ M\$HBAX. 21 and over. \$5,

In Their Footsteps Speaker Series at Fort Clatsop Condors of the Columbia



FORT CLATSOP welcomes Kelli Walker to In Their Footsteps free speaker series event, "Condors of the Columbia" on Sunday, February 16, at 1:00 p.m. This is part the Presidents Day weekend's nationwide Great Backyard Bird Count activities led by the National Audubon Society and the Cornell Lab of Ornithology.

The Lewis and Clark Expedition encountered California condors during the winter of 1805-06 near the mouth of the Columbia River. Meriwether Lewis wrote a detailed description of a live specimen at Fort Clatsop on February 16, 1806. Exactly 208 years later, Kelli Walker from the Oregon Zoo, will share on the

current status of this endangered species. Ms. Walker has worked with the condor breeding program at the Oregon Zoo since it opened 10 years ago. Their facility is one of four that breeds condors for release into the wild. They have successfully raised and released 26 of these enormous birds. Her talk will cover the zoo's breeding program as it coordinates with the US Fish and Wildlife Service's California Condor Recovery Program. The Oregon Zoo will open a California condor exhibit in its Portland location this spring which will house non-releasable birds in a condor-minium!

This monthly Sunday forum is sponsored by the Lewis & Clark National Park Association and the park. These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge.

Other upcoming In Their Footsteps: speaker series programs include:

- Sunday, March 16 - Filling Her Shoes: Amazing Women of the Northwest and Beyond by Jane Kirkpatrick
- Sunday, April 13 - Tools of Survival: Firearms and Edged Weapons of the Corps of Discovery by Michael Carrick
- Sunday, May 18 - Native Plants: Art, Anecdotes and Advocacy by Dorota Haber-Lehigh

Seaside Library

The One Minute Lie Detector: Author Enes Smith

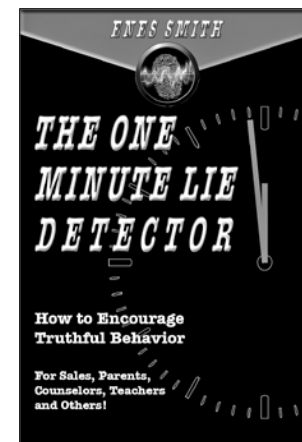
"I CANNOT tell a lie". Find out if that is true on February 20, as the Friends of the Seaside Library host "The One Minute Lie Detector" with author and criminologist Enes Smith, in the Community Room at 7pm, with book sales and signings.

During casual conversations or in-depth interviews, have you ever wanted to be able to detect deception? Enes Smith will show you some practical tools to quickly determine if you are being lied to, and to influence anyone to tell the truth. "The One Minute Lie Detector" focuses on verbal and nonverbal cues to deception, as well as general indications of deceit. Smith will explain how to ask specific questions to ascertain if a person is being deceptive, and to quickly get them to tell the truth. These cues are used in law enforcement, business and are helpful in one's everyday personal life. After taking part in the "One Minute Lie Detector" you will never watch a news conference the same way again.

Enes Smith, M.S., is a frequent speaker at regional, national and international

events. He is the author of four suspense novels. A former homicide detective, Crime Scene Investigator, and instructor of criminology, he currently instructs casino employees in the art of detecting deception.

Seaside Public Library is located at 1131 Broadway. For more information call (503)738-6742 or visit us at www.seaside-library.org and www.facebook.com/seasidepubliclibrary



Oregon Humanities seeks Conversation Leaders

Passionate, curious Oregonians needed to lead public discussions in 2014–2016. Webinar Proposal Workshop Feb 16

OREGON HUMANITIES is looking for people eager to traverse the valleys, mountains, and deserts of Oregon's thirty-six counties, bringing neighbors, friends, and strangers together to exchange words and ideas as Conversation Project discussion leaders.

Since 2009, the Conversation Project has worked with nearly 200 nonprofits across the state to offer more than 400 discussions on topics as varied as race, land-use policies, gender, censorship, and the future of rural communities.

Conversation Project discussions are led by facilitators trained by Oregon Humanities to con-

nect the subject to participants' experiences and to the local community, and challenge attendees to think in new ways without advocating a particular viewpoint.

Conversation Project leaders come from every walk of life, have diverse perspectives, are interested in leading public conversations, and have understanding of a topic through experience, formal education, or professional training. Leaders receive a \$200 honorarium, as well as mileage reimbursement and a meal stipend when significant travel is required, for each program they facilitate. Proposals for Conversation Project

programs, which will be available from November 1, 2014, through October 31, 2016, are due March 14, 2014. A full

request for proposals and online application may be found at oregonhumanities.org.

Oregon Humanities program staff will host a webinar on developing a strong Conversation Project proposal on Wednesday, February 19 at 11 a.m. Webinar registration information and sample successful proposals are available at oregonhumanities.org.

Oregon Humanities connects Oregonians to ideas that change lives and transform communities. More information about our programs and publications—which include the Conversation

Project, Think & Drink, Humanity in Perspective, Idea Lab Summer Institute, Public Program Grants, and Oregon Humanities magazine—can be found at oregonhumanities.org. Oregon

Humanities is an independent, nonprofit affiliate of the National Endowment for the Humanities and a partner of the Oregon Cultural Trust.

Manzanita Writers Series Makes Changes for their Sixth Year, 2014.



Karen Karbo: Julia Child Rules at the Hoffman Center • February 15

MANY OF us have dog-eared copies of Mastering the Art of French Cooking in our kitchens or fondly remember watching episodes of The French Chef, but what was behind the enormous appeal of this ungainly, unlikely woman, who became a superstar in midlife and changed our approach to food and cooking forever?

With her characteristic wit and flair, Karen Karbo takes us for a spin through Julia's life: including her years working for the OSS in Sri Lanka; her world class love affairs with Paris and Paul Child; and her decades as America's beloved French chef. Karbo highlights important life lessons along the way: how to live by your whims, make the world your oyster, enjoy a life of full immersion.

According to Cheryl Strayed, author of Wild, "...Karen Karbo has written that rare bird of a book: one that manages on every page to be as enlightening as it is entertaining, as smart as it is funny."

Karbo's 2004 memoir, The Stuff of Life, about the last year she spent with her father before

his death, was an NYT Notable Book, a People Magazine Critics' Choice, a Books for a Better Life Award finalist, and a winner of the Oregon Book Award for Creative Non-fiction.

She is most well known for her best-selling Kick Ass Women series, including How Georgia Became O'Keeffe and How to Hepburn. The Gospel According to Coco Chanel became an international bestseller.

Her short stories, essays, articles and reviews have appeared in numerous national magazines and she's penned three books in the Minerva Clark mystery series for children.

She is the co-author, with Gabrielle Reece, of Big Girl in the Middle, and the New York Times bestselling, My Foot is Too Big for the Glass Slipper: A Guide to the Less than Perfect Life.

Karbo grew up in Los Angeles, California and lives in Portland, Oregon where she continues to kick ass.

Following Karbo's reading and Q&A, the popular Open Mic features up to nine local writers

and a 5 minute read of their original work.

Admission for the evening is \$5.

The Writers' Series Reading Group will meet the Thursday prior to Karen's reading, February 13th, 6:30 pm at the Manzanita Library. Everyone is invited to bring a friend to both events.

At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) (Further information is available at hoffmanblog.org or contact Vera Wildauer, vwildauer@gmail.com



The Writing Lounge Opens

ARE YOU trying to set aside time to work on a writing project? Are you looking for inspiration to re-energize your writing? Would you like feedback on your writing, but are reluctant to join a regular critique group? You're invited to join us for a weekly drop-in session at the Hoffman Center.

The Writing Lounge will be open Wednesday mornings, from 10 a.m. to 12:30 p.m. beginning January 29th. You'll find plenty of resources, including books on writing craft, games and tools to help prompt new writing or a new piece for the Manzanita Writers' Series Open Mic, as well as local writing mentors for feedback on your works in progress.

Whether you're a seasoned author interested in participating in the writing community or someone who just wants to get some memories down on paper, you'll find a welcoming environment. There's no commitment necessary-drop in as often, or infrequently, as you like. Each session is just \$3 for the two and a half hours. Email Tela Skinner for more info: mactela@nehalemtnel.net

BEST PICTURE With less than five weeks to go before the Academy Awards two pictures have separated themselves from the field of nine and they couldn't be more different. *Gravity* was the big budget crowd pleaser, a special effects tour de force that took director Alfonso Cuarón four years to make. Story depicts the struggle for survival of astronaut Ryan Stone (Sandra Bullock) after her space shuttle is destroyed in an accident. *12 Years A Slave*, from British director Steve McQueen, tells the story of Solomon Northrup, a free man from New York who is abducted and sold into slavery in the South. For twelve years Northrup, an educated man who plays violin, passes from owner to owner, undergoing brutal beatings and backbreaking work while trying to get word to his family of his whereabouts. *Gravity* and *12 Years* tied for the top spot in the Producers Guild awards, the first tie in the 25-year history of the awards. The PGA winner has been an accurate predictor of the Oscar prize with 17 of the last 24 Best Picture Oscars also winning the PGA.

Pick 'Em: Gravity / 12 Years A Slave

Other nominees: *American Hustle*, *The Wolf of Wall Street*, *Captain Phillips*, *Dallas Buyers Club*, *Her*, *Nebraska*, *Philomena*

BEST DIRECTOR Usually paired with Best Picture. Regardless of the Best Picture race Alfonso Cuarón has the advantage by winning the Directors Guild Award. Part of the reason *Gravity* took four years to make was that the technology that created the awesome visuals did not even exist at the time Cuarón and his son Jonás conceived of the ideas. In the end, nearly all of the scenes in space were CGI, including the visors of the astronauts helmets. Sandra Bullock spent weeks in a 9 foot cube with banks of LED lighting simulating movements.

Pick: Alfonso Cuarón

Other nominees: Steve McQueen (*12 Years A Slave*), David O'Russell (*American Hustle*), Alexander Payne (*Nebraska*), Martin Scorsese (*The Wolf of Wall Street*)

BEST ACTOR Once derided as a beefcake hunk in romcoms who regularly took his shirt off, Mathew McConaughey has in the last couple years turned his career around 180 degrees with a series of interesting performances. In *The Lincoln Lawyer*, he played amoral defense attorney Mick Haller, who works out of his car. In *Killer Joe* McConaughey played professional hit man Joe Cooper who reveals an unexpected romantic side. In *Mud* he played a fugitive who strikes up an unlikely friendship with a small boy. In *Dallas Buyers Club* McConaughey exceeded all those performances by physically transforming himself in losing 50 pounds to play Ron Woodroof, a straight, homophobic rodeo cowboy who contracts AIDS. Set in 1982, an era where few AIDS drugs were available in this country, Woodroof goes on a one-man campaign to smuggle otherwise unavailable drugs from Mexico to sell to infected men. McConaughey has topped his career year off with a memorable one-scene performance in *Wolf of Wall Street* and the hit HBO series *True Detective*.

Pick: Matthew McConaughey

Other nominees: Christian Bale (*Nebraska*), Bruce Dern (*Nebraska*), Leonardo DiCaprio (*The Wolf of Wall Street*), Chiwetel Ejiofor (*12 Years A Slave*)

FOR YOUR CONSIDERATION: 2014 Academy Awards Predictions

*The 86th Academy Awards
take place Sunday, March 2*

BEST ACTRESS In a field crowded with previous winners and multiple nominees, Cate Blanchett has emerged as the Oscar frontrunner with her performance as Jasmine in Woody Allen's *Blue Jasmine*. An affluent New York woman whose world has crumbled, Jasmine moves to San Francisco to live with her much less affluent sister Ginger (Sally Hawkins). Jasmine is penniless after her financial wheeler dealer husband Hal (Alec Baldwin) has been arrested by the FBI for fraud. Struggling to adjust to a much lower class of living, Jasmine medicates her nerves with booze and pills. She has nasty encounters with Ginger's ex-husband Augie (Andrew Dice Clay) who blames Jasmine for the loss of \$200,000 which he invested with Hal and was subsequently swindled. Near a breakdown, Jasmine finally catches a break when she meets handsome Dwight (Peter Sarsgaard) a diplomat looking for a career wife, but loses him when he finds she has been lying about her past life. Critics have noted the similarity of Jasmine to Blanche Dubois in *A Streetcar Named Desire*.

Pick: Cate Blanchett

Other nominees: Amy Adams (*American Hustle*), Sandra Bullock (*Gravity*), Judi Dench (*Philomena*), Meryl Steep (*August: Osage County*)

BEST SUPPORTING ACTOR Although not as head-turning as Matthew McConaughey's 50 pound weight loss to play Ron Woodroof in *Dallas Buyers Club*, castmate Jared Leto's own physical transformation to play an AIDS-afflicted transgender woman might have been more dramatic. Leto lost 30 lbs. to play the role. Unlike McConaughey who had been cast well in advance of shooting and had time and doctor's supervision to lose weight, Leto who was cast late in the process basically had to stop eating to play Nylon. After Woodroof returns from Mexico with a carload of unapproved AIDS drugs, he enters into an uneasy partnership with Nylon to make connections to the gay and transgender community that need the drugs. As he gets to know Nylon, he learns to respect and even consider her a friend, especially after his own straight friends abandon him. Nylon is really the emotional center of the film, the personification of all gay and transgenders who suffered from the disease in its early years.

Pick: Jared Leto

Other nominees: Barkhad Abdi (*Captain Phillips*), Bradley Cooper (*American Hustle*), Michael Fassbender (*12 Years A Slave*), Jonah Hill (*The Wolf of Wall Street*)

BEST SUPPORTING ACTRESS Although good work was done by all the nominees, the character (and performance) that stood out in this category was the electrifying work done by Lupita

Nyong'o, a Kenyan actress who played Patsey, a favorite slave of sadistic plantation owner Epps (Michael Fassbender) in *12 Years A Slave*. While Epps demands each slave pick 200 pounds of cotton a day or face punishment, Patsey easily picks 500. In addition Epps openly covets the comely slave girl. Eventually he rapes her, taking her whenever he pleases. His wife (Sarah Paulsen) is aware of Epps' infatuation with Patsey and uses every opportunity to beat and humiliate her. When Patsey can take no more she asks Solomon Northrup to help her commit suicide but he refuses. Eventually Epps turns against Patsey when she disappears for a day, forcing Solomon to whip her, then taking the whip to her himself when he deems Solomon's efforts too weak.

Pick: Lupita Nyong'o

Other nominees: Jennifer Lawrence (*American Hustle*), June Squibb (*Nebraska*), Julia Roberts (*August: Osage County*), Sally Hawkins (*Blue Jasmine*)

BEST ORIGINAL SCREENPLAY Strictly on concept, Spike Jonze's script for *Her* is easily the most original of the ten screenplays nominated for the original and adapted categories, six of which were based on true stories. A simple story of Theodor Twombly who lives in futuristic Los Angeles and writes love letters for BeautifulHandwrittenLetters.com but who, after a divorce, has become dissociated from his own feelings. Theodore's life changes when he purchases an operating system with artificial intelligence who names herself Samantha. Samantha is smart, witty, funny and able to anticipate Theodore's needs and wants. In short, the perfect companion. Before long, Theodor falls in love with Samantha. The wonder of Jonze's story is that, despite the fact that Samantha isn't real, the impression is that of a living, breathing relationship with all its ups and downs and that the tone remains gently upbeat despite the fact that we know the relationship has no future.

Pick: Spike Jonze (Her)

Other nominees: Eric Warren Singer and David O'Russell (*American Hustle*), Woody Allen (*Blue Jasmine*), Bob Nelson (*Nebraska*), Craig Borten & Melisa Wallack (*Dallas Buyers Club*)

BEST ADAPTED SCREENPLAY Four out of the five nominees in this category are based on true stories. A win for this category in the Writers Guild Awards puts Billy Ray and his script for *Captain Phillips* in the drivers seat for the Oscars. Easily the most gripping narrative of the bunch, story follows the pulse-pounding adventure of a cargo ship captured by Somali pirates and the efforts of her captain Richard Phillips (Tom Hanks) to at first evade the pirates and then once taken, keep his crew from being captured. Led by the wily English-speaking Muse (Barkhad Abdi), the pirates want millions in insurance money ransom for the crew. Eventually Muse is captured by the hidden crew, but when the US Navy and special ops arrive, the remaining pirates take Phillips hostage on a small lifeboat, leading to a desperate game of cat and mouse with the rescuers.

Pick: Billy Ray (Captain Phillips)

Other nominees: Richard Linklater and Julie Delpy (*Before Midnight*), Steve Coogan and Jeff Pope (*Philomena*), John Ridley (*12 Years A Slave*), Terence Winter (*The Wolf of Wall Street*)



FREE WILL ASTROLOGY

February

© Copyright 2013 Rob Brezsny

ARIES (March 21-April 19): On my fifteenth birthday, I finally figured out that eating dairy products was the cause of my chronic respiratory problems. From that day forward, I avoided foods made from cow's milk. My health improved. I kept up this regimen for years. But a month ago, I decided to see if my long-standing taboo still made sense. Just for the fun of it, I gave myself permission to gorge on a tub of organic vanilla yogurt. To my shock, there was no hell to pay. I was free of snot. In the last few weeks, I have feasted regularly on all the creamy goodies I've been missing. I bring this up, Aries, because I suspect an equally momentous shift is possible for you. Some taboo you have honored for a long time, some rule you have obeyed as if it were an axiom, is ripe to be broken.

TAURUS (April 20-May 20): Psychologist Daniel Kahneman, who won a Nobel Prize in Economics, says that consulting experts may be useless. In his study of Wall Street traders, he found their advice was no better than information obtained by a chimpanzee flipping a coin. Meanwhile, psychologist Philip Tetlock did a 20-year study with similar results. He found that predictions made by political and financial professionals are inferior to wild guesses. So does this mean you should never trust any experts? No. But it's important to approach them with extra skepticism right now. The time has come for you to upgrade your trust in your own intuition.

GEMINI (May 21-June 20): I'm a big fan of logic and reason, and I urge you to be, too. Using your rational mind to understand your experience is a very good thing. The less stock you put in superstitious head trips and fear-based beliefs, the smarter you will be. Having said that, I recommend that you also make playful use of your creative imagination. Relish the comically magical elements of your mysterious fate. Pay attention to your dreams, and indulge in the pleasure of wild fantasies, and see yourself as a mythic hero in life's divine drama. Moral of the story: Both the rational and the fantastical approaches are essential to your health. (P.S. But the fantastical needs extra exercise in the coming weeks.)

CANCER (June 21-July 22): Sorry, Cancerian, you won't be able to transform lead into gold anytime soon. You won't suddenly acquire the wizardly power to heal the sick minds of racists and homophobes and misogynists. Nor will you be able to cast an effective love spell on a sexy someone who has always resisted your charms. That's the bad news. The good news is this: If you focus on performing less spectacular magic, you could accomplish minor miracles. For example, you might diminish an adversary's ability to disturb you. You could welcome into your life a source of love you have ignored or underestimated. And you may be able to discover a secret you hid from yourself a long time ago.

LEO (July 23-Aug. 22): *Cosmopolitan* magazine is famous for offering tips on how to spice up one's sex life. Here's an example: "Take a few of your favorite erotically appealing flavor combinations, like peanut butter and honey or whipped cream and chocolate sauce, and mix up yummy treats all over your lover's body." That sounds crazy to me, and not in a good way. In any case, I recommend that you don't follow advice like that, especially in the coming days. It's true that on some occasions, silliness and messiness have a role to play in building intimacy. But they aren't advisable right now. For best results, be smooth and polished and dashing and deft. Togetherness will thrive on elegant experiments and graceful risks.

VIRGO (Aug. 23-Sept. 22): You are not as broken as you may think you are. Your wounds aren't as debilitating as you have imagined. And life will prove it to you this month. Or rather, let me put it this way: Life will *attempt* to prove it to you – and not just in some mild, half-hearted way, either. The evidence it offers will be robust and unimpeachable. But here's my question, Virgo: Will

you be so attached to your pain that you refuse to even see, let alone explore, the dramatic proof you are offered? I hope not!

LIBRA (Sept. 23-Oct. 22): Kenneth Rexroth wrote a poem called "A Sword in a Cloud of Light." I want to borrow that image. According to my astrological analysis and poetic intuition, you will generate the exact power you need in the coming weeks by imprinting your imagination with a vision of a sword in a cloud of light. I don't want to get too intellectual about the reasons why, but I will say this: The cloud of light represents your noble purpose or your sacred aspiration. The sword is a metaphor to symbolize the new ferocity you will invoke as you implement the next step of your noble purpose or sacred aspiration.

SCORPIO (Oct. 23-Nov. 21): Every autumn, the bird species known as the Clark's Nutcracker prepares for its winter food needs by burying 30,000 pine nuts in 5,000 places over a 15-square-mile area. The amazing thing is that it remembers where almost all of them are. Your memory isn't as prodigious as that, but it's far better than you realize. And I hope you will use it to the hilt in the coming days. Your upcoming decisions will be highly effective if you draw on the wisdom gained from past events – especially those events that foreshadowed the transition you will soon be going through.

SAGITTARIUS (Nov. 22-Dec. 21): Can you imagine what it would be like to live without any hiding and pretending? How would you feel if you could relax into total honesty? What if you were free to say exactly what you mean, unburdened by the fear that telling the truth might lead to awkward complications? Such a pure and exalted condition is impossible for anyone to accomplish, of course. But you have a shot at accomplishing the next best thing in the coming weeks. For best results, don't try to be perfectly candid and utterly uninhibited. Aim for 75 percent.

CAPRICORN (Dec. 22-Jan. 19): It's a favorable time to gather up resources and amass bounty and solicit help and collect lots of inside information. I won't call you greedy if you focus on getting exactly what you need in order to feel comfortable and strong. In fact, I think it's fine if you store up far more than what you can immediately use – because right now is also a favorable time to prepare for future adventures when you will want to call on extraordinary levels of resources, bounty, help, and inside information.

AQUARIUS (Jan. 20-Feb. 18): Extravagant wigs became fashionable for a while in 18th-century England. They could soar as high as four feet above a woman's head. Collections of fruit might be arrayed in the mass of hair, along with small replicas of gardens, taxidermically stuffed birds, and model ships. I would love to see you wear something like that in the coming weeks. But if this seems too extreme, here's a second-best option: Make your face and head and hair as sexy as possible. Use your alluring gaze and confident bearing to attract more of the attention and resources you need. You have a poetic license to be shinier and more charismatic than usual.

PISCES (Feb. 19-March 20): One of your anti-role models in the coming weeks is the character that Piscean diva Rihanna portrays when she sings in Eminem's tune "Love the Way You Lie." Study the following lyrics, mouthed by Rihanna, and make sure that in every way you can imagine, on psychological, spiritual, and interpersonal levels, you embody the exact opposite of the attitude they express: "You're just gonna stand there and watch me burn / But that's all right because I like the way it hurts / You're just gonna stand there and hear me cry / But that's all right, because I love the way you lie." To reiterate, Pisces, avoid all situations that would tempt you to feel and act like that.

Homework: Do a homemade ritual in which you vow to attract more blessings into your life. Report results at FreeWillAstrology.com.

The Pedaling Adventures of Madame Velo (a.k.a. The Bike Madame)

By Margaret Hammitt-McDonald

♡ Bike Love ♡

CAN RIDING a bike make you more lovable? In this month dedicated to romance (as the retail industry would have it), that's a fair question. Research has shown that regular exercise compares favorably to antidepressant medication when it comes to regulating one's mood, which improves one's capacity to connect with others. Regular exercise also enhances one's muscle tone and physical

appeal, whether you're wiry or Rubenesque. Best of all, Mother Earth appreciates the love you show her by getting outside and reducing your fuel-based transportation use.

When I was a child, bicycles were not just a form of transportation. They were portals to adventure. Not surprisingly, when the first hints of romantic interest appeared in our lives, some of us used our bikes to impress the targets of our youthful affection. The most obvious method was to practice tricks until you'd perfected them and could casually pull a wheelie when your love interest strolled by. Kids in my neighborhood liked to race up to their intended and screech to a stop in front of him or her. Alas, this could backfire; for example, you might end up showering him or her in gravel, and having your parents pay an emergency-room physician to pick rocks out of your beloved's face isn't an auspicious beginning to a lifelong connection.

On the other hand, there was the wounded-warrior tactic: some kids assumed that if they were the ones to get hurt, it would trigger a caretaking impulse on the part of their love interest. (They must've just watched one of those sappy World War II films featuring a romance between a wounded soldier and a nurse.) They'd wait until their crush was rounding the bend and then they'd stage a bicycling accident (falling

off the bike and allowing it to land on top of them). This tended to backfire too. Rather than sympathizing, the object of their infatuation saw through the ruse and walked off shaking his or

her head at the lovesick kid's idiocy.

When we entered our teenage years, we used our bicycles as rolling advertisements to someone special or the world in general. We'd dress in our cutest

outfits and roll slow-motion past our target's house. It was probably as effective as those billboards urban bicyclists are paid to ride around town towing: mostly ignored, sometimes briefly attended to, and rarely invested in.

As we got older, we developed better strategies such as inviting someone on a bicycling date. This wholesome activity evoked 1950s adolescence, so parents were apt to approve where taking the car might have given them pause (cars had naughty reputations, after all, and I'm not talking about their carbon emissions). Then there was the best strategy of all: those of us who kept riding past our pre-teen years might join a cycling team or club and meet like-minded people there, trading flirtatious conversation about gear ratios, building wheels together in our parents' garage, and exchanging enticing gifts such as new ergonomic seats. For some of us, these bike-geek romances were the beginning of lifelong partnerships—with tandem bicycles to show for it.

Unlike driving, where everyone is enclosed in a metal box that precludes direct interaction, sharing the road with other cyclists and pedestrians makes it easier to strike up a conversation on the fly. So in this season of love, consider having a chat with the cute commuter you meet at the intersection every day. Who knows where it might lead?



WORKSHOPS/CLASSES

KNITTING GROUP. A knitting group is coming to NCRD in January! The Lou Stine/Skip Rognlien knitting group is going public! Knitters are invited to come to the Riverbend Room at NCRD, 36155 Ninth St., Nehalem, from 1-4 pm on Monday afternoons, starting January 6. Fiber artists of all types whose work is portable are invited. Come and join some of the most creative people in fiber arts in the area. Call Jane at 503-3683901 or email : knappgi@yahoo.com

Painting with Words – The Art of Visual Ideas. Monday afternoons. With Sandra Foushee. Focus will be on helping writers visualize and paint with verbal images in poetry, music lyrics, short stories, stories for children or lyrical essays. Tuition is \$20 per session or \$60 per three-session sequence. 2pm - 5pm at the Trail's End Art Center in Gearhart. Call 503-717-0112 to register.

CLASSICAL AND FUTURISTIC PAINTING. Thursdays through April 3. With Shirley Dahlsten. The class offers an array of options. Students work independently on the various problem-solving assignments, will take turns providing refreshments, and can work on their own in the studio following class. No experience needed. \$60, 10am – 1pm at the Trail's End Art Center in Gearhart. Register at andsdahlsten@gmail.com

THE HOFFMAN CENTER CLAY STUDIO. Manzanita. Drop by studio to reserve or e-mail hoffmanclaystudio@gmail.com. The Clay Studio open Tues and Thurs from 10am to 4pm and the second and fourth Saturdays from 10am to 2pm.

BE MY VALENTINE. Wednesday, February 12. For children of all ages. Create beautiful valentine cards for family and friends, and share stories, songs, and a sweet treat! All materials will be provided. Free. 3:30pm at the Naselle Timberland Library.

DOES FOOD RUN YOUR LIFE? Come to Overeaters Anonymous every Wednesday from 7-8pm in the Seaside Public Library, Board Room B. No dues, fees or weigh-ins. Everyone welcome! (if you have questions call 503-505-1721).

FRENCH CONVERSATION GROUP RE-START. The group is devoted to speaking French only. It is NOT a class, so please do not show up expecting to learn French from scratch. Once you step through the door of the Riverbend Room, it is French only. It will be on Saturdays, from 1-3pm at NCRD in the Riverbend Room. There is a nominal charge of \$1/person/time. For more information email Jane or call her 503-368-3901 or, call Paul Miller at 503-368-5715.

Precision Glass Cutting for Mosaic. March 8 & 9. With Jennifer Kuhns. Students will create a glass-on-glass mosaic project while practicing use of a scoring tool and glass pliers. Advanced students will learn to cut curves and precision shapes. Included will be introduction to the ring saw for cutting intricate, concave shapes. \$200 per student, 9am – 5pm on Saturday and 10am – 4pm on Sunday. At the Hoffman Center in Manzanita. For a list of tools and to register, contact the Hoffman Center at hoffmanblog.org, hoffmancenter@nehalemtnel.net

Workshop: Weekly Writing Lounge. Wednesdays. Are you trying to set aside time to work on a writing project? Are you looking for inspiration to re-energize your writing? Would you like feedback on your writing, but are reluctant to join a regular critique group? You're invited to join us for a weekly drop-in session.

You'll find plenty of resources, including books on writing craft, games and tools to help prompt new writing as well as local writing mentors for feedback on your works in progress. \$3 per session, 10am – 12:30pm at the Hoffman Center in Manzanita.

TODDLER ARTS GROUP. Every Wednesday 10 to 11am – Get your toddler started in the arts! Activities are geared towards ages 1–3, but age birth–5 are welcome. All children must be accompanied by a caregiver. Bay City Arts Center, Bay City.

Social Media Workshops. February 17 & 18. Workshops include The Billboard, You Can't Pay to Be On, Why Instagram is the Next Platform Businesses Need to Understand, Understanding the Admin Panel on Your FB Page, and more. \$30 per workshop, at Community Hall in Cannon Beach. FMI and registration: cannon-beach.org/documents/Social-Media-Workshop-Flyer.pdf

MASTER GARDENER TRAINING PROGRAM. Tuesdays, January 14 – April 1. \$120, 9:30am – 4:30pm at Tillamook Bay Community College. 503-842-3433

BODY WORK • YOGA • FITNESS

YOGA NAMASTÉ. Unlimited community yoga classes plus a 90 min. massage or private yoga \$125. Regular yoga(90min-class) unlimited \$90. Community yoga(60min-class) unlimited \$45. Regular Yoga Classes à la carte \$15/class. Community Yoga classes à la carte \$10/class. Offers expire 12/20/2013. 342 10th Street Astoria. www.yoganam.com. 503 440 9761.

LOTUS YOGA ASTORIA. Classes with Certified, Experienced Teachers: Monday - Gentle 9:00am, Level 1 5:30am, Tuesday - Level 2 6am, Wednesday - Gentle 9am, Restorative 6:30pm, Thursday - Level 2&3 6pm, Friday - Therapeutic 9am. Meditation - Wednesday 6pm, New Classes coming soon! Monthly Prices: Unlimited Classes - \$90, 4-8 Classes - \$10 each, Drop Ins - \$13 each. New Students get a \$10 discount on first month.

RIVERSZEN YOGA and Ki-Hara Resistance Stretching Studio. Located at 399 31st Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow, Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2 price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. <http://riverszen.com> or Facebook.com/RiversZen.

YOGA • NCRD. Celebrating 20 years of community yoga, and offering ongoing year-round classes as follows: Monday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Monday, Vinyasa, 2:00 - 3:30 pm, instructor Charlene Gernert; Tuesday, Mixed Levels, 4:00 - 5:30 pm, instructor Monica Isbell; Wednesday, Yoga Stretch, 8:00 - 9:30 am, instructor Lucy Brook; Wednesday, Restorative Yoga, 2:00 - 3:30 pm, instructor Charlene Gernert; Thursday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Thursday, Level 1, 5:45 - 7:15 pm, instructor Monica Isbell; Friday, Very Gentle Yoga, 8:00 - 9:30 am, instructor Lucy Brook; Saturday, Mixed Levels, 8:00 - 9:30 am, instructor Lorraine Ortiz. All classes meet at NCRD, 36155 9th Street in Nehalem, Room 5. For more information call 503-368-7160.

ECSTATIC DANCE. Ecstatic, trance, yogic, spirit filled), playful, improvisational, freestyle - We're Dancing! Wed. at 6:30 at Pine Grove Community House, 225 Laneda Ave. in Manzanita. No experience necessary. You are welcome to bring Instruments of any sort to play along with what we've got going. Cost

is a sliding scale from \$5 - \$7, or free if you really need to just be there.

“LEARN SELF DEFENSE IN ASTORIA. Kenpo Karate for Adults, WEEKLY KENPO KARATE CLASS every Friday, 5:15pm till 6:30pm, 342-10th Street, 2nd floor, Astoria, OR 97103. Class tuition is \$40.00/ mo. Instructor is a Black Belt in Ed Parker's American Kenpo Karate. Visitors are welcome to drop in and see the class or inquire for free introductory lesson. Sign-up by e-mail at: jbgroove2@crescomm.net or by phone at: 360-665-0860”.

YOGA • MANZANITA. Silver Services Yoga with Holly Smith. Meeting each Thursday from 10 to 11:30am beginning March 14, 2013. Cost: \$40 for five classes. (Sorry, no drop-ins) To Register: Call Holly at 503-368-4883. There is a richness which comes from lessons learned in the later stages of life. Silver Services Yoga provides instruction in simple yoga postures with props, breath and energy work, meditation and relaxation.

AKHANDA YOGA. Join 500 hour RYT Subhadra (Katie) in a four week introduction to Akhanda Yoga; Hathya Yoga with some added spice. The workshop will be themed on learning the key components of Akhanda Yoga with an introduction to chakras, nadis and bhandas. The workshop will be offered at two different times to cater all schedules. Thursdays February 6th - February 27th 10 am - 11:30 am in room 5 at NCRD or Fridays February 7th - February 28th 5:45 pm - 7:15 pm at Contemplative Art Center in Underhill Plaza, Manzanita. \$50/four week session. Pre-registration is encouraged. For inquiry and registration message Subhadra subhadrayoga@gmail.com or call 503-368-5843.

YOGA North Coast Recreation District. Nehalem. Yoga Schedule. Mondays: Yoga of the Heart 8:15-9:45 a.m.; Vinyasa Flow 4-5:30 p.m. Tuesdays: Mixed Level Yoga 4-5:30 p.m. Wednesdays: Morning Yoga Stretch 8-9:30 a.m. Dig Deep Yoga 4-5:30 p.m. Restorative Yoga 5:45-7:15 p.m. Thursdays: Yoga of the Heart 8:15-9:45 a.m.; Fridays: Very Gentle Yoga 8-9:30 a.m. Saturdays: Mixed Level Yoga 8-9:30 a.m. More info: www.ncrdnehalem.org/about-us/schedules/

YOGA REFLECTION & RESOLUTIONS WORKSHOP. Saturday, January 11. A fun workshop designed to help you acknowledge and grow from the challenges of the past year while setting goals and resolutions for the one ahead. You'll gain the tools you need to solidify your resolutions and take realistic action toward making them a reality. \$35, 9am – 12:30pm at Beach Books in Seaside. seasideyoga-retreats.com

ZUMBA AT NCRD. Come join us & learn latin-inspired rhythms, have fun, & burn calories. Bring a water bottle, non gripping sneakers, a smile & lots of energy! Zumba classes continue until December 20. M - W evenings from 6:30 to 7:30 & Fridays 9-10am. 6 classes \$25/3 classes \$15/ Drop-in \$8 For information on other programs, call NCRD Fitness Center (503) 368-4595.

ZUMBA CLASSES/NEHALEM. At the Lighthouse located at 36480 Hwy 101 in Nehalem. Mon and Wed. 5pm – 6pm. Beginners pace for all ages, 12 and over. 5.00 per class. First class FREE.

YOGA • Bay City Arts Center. Classed with Michelle Lawhorn - Mon & Thurs 6pm. \$5 per class.

YOGA • Manzanita. The Center for the Contemplative Arts, Manzanita: Tuesday

evenings 5 - 5:45pm. \$35 for 5 classes. Call 368-6227 for more info.

Yoga in Gearhart. Gearhart Workout. For more information log on to www.gearhart-workout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

YOGA • Nehalem. Ongoing yoga classes at NCRD are as follows: Monday, Level II, 5:15-6:45 pm, Nicole Hamic; Wednesday, Morning Yoga Stretch, 8-9:30 am, Lucy Brook; Thursday, Yoga for Parents & Kids, 3:45-4:45 pm, Charlene Gernert; Thursday, Level I, 5:45 - 7:15 pm, Charlene Gernert; Friday, Very Gentle Yoga, 8-9:30 am, Lucy Brook.

Qigong at WAVES OF CHANGE. Tuesday & Thursday 8:30am TO 9:30am at Waves of Change Wellness Center. 1 12th street (the docks on 12th) \$40 a month. Drop in's welcome \$5. CALL LINDA WILLIAMSON 503-861-2063.

Qigong for Health/MANZANITA. With Janet Maher. Sunday Mornings 11:30 - 12:30at Center For Contemplative Arts. Cost: \$5 suggested donation

T'AI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

WAVES OF CHANGE WELLNESS CENTER. Contact Angela at 503.338.9921 to sign up for a class. Fee: \$50 per month. Stretching class is \$75 per month. JANUARY CLASS SCHEDULE - M-W-F 9-10 AM—Adv. Stretching Class with Light resistance training. M-W-F 10-11 AM—Gentle Stretching with Sam Peters. M-W 530-630 PM- Beginning Gentle Stretching with Angela Sidlo. TU/TH 830-930 AM - Qigong with Linda Williamson. TU/TH 10-11 AM—Tai Chi Fan 36 Form with Angela Sidlo. TU/TH 530-630 PM—Tai Chi with Angela Sidlo. Saturday 9-10 AM - Stretching class with Angela. Private lessons available \$25/hr. Drop In rate for stretching classes \$10

HIKE THE NORTH OREGON COAST WITH ANGORA HIKING CLUB. This year the Angora Hiking Club will be leading 8 hikes that will cover the 64.4 miles of the north portion of the Oregon Coast Trail. These hikes are open to the community, and we encourage you to join us for one or all of the walks. If you have questions about this program, contact Arline LaMear, 503-338-6883. Car shuttles will begin at the Basin St. parking lot across Basin St. from Astoria KFC. Walkers should gather there by 9 a.m. for the March, April, May and June hikes. The remaining hikes, July, August, September, and October will begin at 8 a.m. to allow extra time for the longer drives to the walk start points. A record book is available for \$2 in which to record the eight legs of the North Oregon Coast Trail. Upon completion of all eight hikes, participants will receive a certificate. If you are interested in receiving one of the record books, please call 503-338-6883 so we will know how many to have on hand.

SPIRITUALITY

COLUMBIA RIVER MEDITATION GROUP. Sponsored by Great Vow Monastery. Meets ever Wednesday in the FLAG Room of the Public Library. Time: 5:45 - 6:55. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@wwestsky.net

A SILENT MEDITATION • with Lola Sacks. St. Catherine's Center for the Contemplative



CALL TO VENDORS: Old Rosberg School Super Sale

Vendors and individuals who wish to participate in a Community In-Door Super Sale at Johnson Park Center on Saturday, March 29th in the Cafeteria Room. Johnson Park Center is the old Rosburg, WA school building.

The cost for table space is just \$10. Call 360-465-2740 or 360-465-2416 to reserve your space. Sale hours are 10:00 AM to 4:00 PM. Set up will be Friday afternoon, March 28th.

Available during the hours of the sale will be food, beverages and bake sale items provided by the Friendship Circle of the Grays River United Methodist Church. Also, a massage clinic will be part of this event.

Arts, Manzanita: Monday Nights 5 - 5:45 Call 368-6227 for more info.

LECTIO DIVINA • Meditation with Holy Scripture. The Center for the Contemplative Arts, Manzanita: Tuesday Mornings 10-11:30. Call 368-6227 for more info.

LABYRINTH WALK • Grace Episcopal Church, 1545 Franklin St, Astoria, 3-6. Every 1st Sunday.

VOLUNTEER

Weekly Habitat Restoration/Stewardship Work Parties. 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the weather and prepare to get outside with great people on beautiful properties doing a variety of habitat restoration activities. For more information contact Lower Nehalem Community Trust, 503-368-3203, lnct@nehalemtnel.net.

VISITOR CENTER SEEKS VOLUNTEERS. The Astoria Warrenton Chamber of Commerce operates the Visitor Center located at 111 West Marine Drive in Astoria. The Center is open year-round with visitor information about the local area, the state of Oregon and beyond. The Chamber is looking to bolster their crew of volunteers for the upcoming busy season and you may be just the person for the job. "All that is needed is a welcoming smile and a desire to assist our visitors," says Suzanne Cannon, Visitor Services Manager. "We'll teach you the rest." Volunteers typically work a three-hour shift, once a week. They primarily greet visitors in person and by phone, and may also help with answering mail requests and other tasks as needed. For more details, contact Suzanne at 503-325-6311 or stop by to pick up a volunteer application.

MEETINGS AND MEET-UPS!

THE LOWER COLUMBIA CLASSICS CAR CLUB. Invitation to all who are interested in

Collector Cars to attend one of our monthly meetings. The meetings are held at Steve Jordan's Shop Building, located at 35232 Helligso Lane in rural Astoria - meet on the 3rd Thursday of each month. If you are interested and need the directions to get there, you may call Steve Jordan at 503-325-1807

PACIFIC COUNTY DEMOCRATS. Monday, February 10, 2014 - 7:00 P.M. 1216 Robert Bush Drive, South Bend, WA

THE ASTORIA CHESS CLUB. meets Saturday mornings at 11:30 AM at Three Cups Coffee House and Thursday evenings at 5:30 PM at the Hotel Elliott's wine bar. Players of all ages and skill levels are welcome to attend. For more information, contact us at astoriachessclub@gmail.com or visit our Facebook page."

MEN'S GROUP FORMING. Forming a new more inclusive Men's Group in North County. EVERY other week on Sunday nights 5:30-7:30pm, at the Center For Contemplative Arts in Manzanita. It would benefit all to experience a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Bring yourself, be yourself, add yourself to the mix, see what happens. Contact: Darel Grothaus 206-818-4833.

BREASTFEEDING INFORMATION & SUPPORT. La Leche League's monthly support group meetings provide an opportunity for both new and experienced mothers to share their questions or concerns, and to talk with each other about the special joys and challenges of parenting. We especially encourage expectant and new mothers to join us. Healthy babies and toddlers are always welcome at La Leche League meetings. second Tuesdays, from 6:30 - 8 pm at Grace Episcopal Church, nursery room, 1545 Franklin Ave, Astoria. Meet 2nd Monday of the month at 10am- Astoria. FOR FURTHER INFO, PLEASE CONTACT JANET WEIDMAN @ 503-325-1306 or Megan Oien: 503-440-4942.

Messages Sonja Grace mystic healer

Everything is a Sign

WHEN WE walk through life experiencing the incredible synchronicity of the universe, we become aware of the signs that are placed before us daily. Some people look for these signs and discover they are a wonderful tool that helps us daily. Some signs come from relatives on the other side, the elements, totem animals and your guardian angels. We can interpret what is before us through our hearts, reading the message as if it is a note from creator. We start to walk across the street but feel a gentle tug on our coat, only no one is there. This is your guardian angel letting you

know not to cross the street. We don't wake up on time and arrive late to work and yet later that day find out there was a major accident on the road traveled to and from the office. The difficulty is identifying what you are supposed to receive and seeing the good within the bad. The universe identifies our earthly experience through vibration and what we are emitting and receiving energetically. The timing of the universe is specific to your karma, what you have worked through and what you are a vibrational match for. Look for the signs, the flowers come up early, a humming bird comes to the

window or the house next door sells. Be happy for the neighbors when they have success for this allows you to be in a higher vibration and you could be next. When we interpret signs as a negative experience like the black cat crossed in front of you, we set ourselves up to be victims. We are not victims in this world for the signs of the universe show us that creator is watching our every move and letting us know how to navigate. Our attachment to fear is widespread in the human race. We have spent lifetimes creating and ruling with fear. This goes hand in hand with the victim role. The collective karma is woven with this reality. We can heal that collective experience by simply loving ourselves, nurturing the inner child and discovering our fear goes back in time to when we were children and felt abandoned, discarded or betrayed. We take notice of the signs because we have opened that door again, trusting a part of us that might have been shut down when we were little. We have an inner compass that connects us to receiving signs

from creator and the earth at all times. Try to experience everyone as the divine talking to you. Even the crabby person has a message. There are signs everywhere in everything! Be on the lookout and remember the interpretation of these signs is the key. What you need to learn, what you need to pay attention to and what are you resisting. May you experience all signs as a direct line to source.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her clients, both in the United States and abroad, immediate stability, clarity, and guidance. Through her healing, counseling and spiritual processing, Sonja has a wide variety of talent to choose from in which she accesses her ability to channel and communicate with the divine. Two time author of Angels in the 21st Century and her latest book, Earth Ways Healing Medicine for the Soul, provides a pathway to the four seasons through prayer and ceremony and is a companion to the film presentation Earth Ways Series. www.sonjagrace.com.

word and wisdom

Who Do You Love?

YOU'D BE surprised. Love could be described as an addiction. The chemical release of oxytocin and endorphins when one is "in love" create a physical pleasure, one that yearns to be repeated and sustained. Who do we fall in love with? That's a tricky question. There is some research that says we are attracted to those that feel familiar. The person can either share personality traits and values that resonate or the person can actually "look" like you, hence the familiarity. Sometimes seemingly opposites attract, but deep down there's probably commonality. It could be said that we have a love "map" in our brain, one formed in childhood.

Love is blind. And sort of stupid. A person often loses the ability to act rationally around the object of his/her attraction. Have you ever done that? Gotten tongue-tied, blush, say something awkward, wonder irrationally if there's food on the front teeth....

Valentine's Day is a celebration of romance, a specific form of love. Roman-

tic love is tender and warm, and needs nurturing, like a little flower. Is sending a Hallmark card romantic? It can be, if it says what you feel. Other displays of affection such as candy and roses are also traditional and very special ways to say something without words. Valentine's Day is that sort of day.

It's human nature to want to be liked and loved for who we really are, warts and all. Every time I find myself attracted to someone, it's an opportunity. What is it I like about the other person, and why? What do I think the other person sees in me? What do we have in common? In reality, logic does not play into this love thing. A look, a hug, a meeting of minds, all can trigger one's hormones. Our love "map" seems to have come front and center.

Enough about the chemistry of love, about our human nature. The basis of romantic can also be considered a mystery. A big, wonderful mystery. Think of the times that you find yourself oddly attracted to someone... odd. Sure, you

could analyze it to death, but it's probably more fun to just enjoy the moment. Let those endorphins flow! Hug for that oxytocin! Flirting fills the room.

Valentine's Day. I love the day. Sometimes I don't necessarily have that someone special, but I do have a mind-and-heart set that is primed for any and all expressions of like and love, no matter how big or small.

And lastly, I love love. I love love stories, I love romance, I love those that pine. I love lost love, unrequited love and forbidden love. I love Jane Austen's sensibilities, "Tristan and Isolde," and that song, "When A Man Loves A Woman." I am a romantic, and I'm afraid I will always be looking for love here, there and everywhere. Always.

Define romance for yourself. If it makes you smile, it's a good thing. If you make someone else smile, even better.

Tobi Nason is a counselor from Manzanita.

VOLUNTEERS NEEDED To help Shelter animals

Can you donate a few hours a week to help the dogs and cats currently at the Clatsop County Animal Shelter? Volunteers are badly needed. The work's not hard but it's wonderfully rewarding.



Make a difference.
Volunteer for animals!



CLATSOP ANIMAL ASSISTANCE, INC. (CAA)
Call 503.861.0737 to join our dedicated team, Tues. - Sat., noon to 4 pm
(Must be sixteen or older to volunteer unless accompanied by an adult)



THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L. Skinner, CNM, CFNP
595 18th, Astoria • 503-325-9131

ARNIE, THE INVISIBLE DOG SAYS...

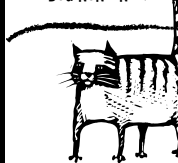
woof!
woof!
woof!

TRANSLATION:

Share the love. Adopt a dog or cat from the Animal Shelter

CLATSOP CO. ANIMAL SHELTER
1315 SE 19TH IN WARRENTON
PH. 503-861-0737
HRS. NOON TO 4 PM, TUES. THRU SAT.

WHAT'S THIS INVISIBLE
DOG NONSENSE?

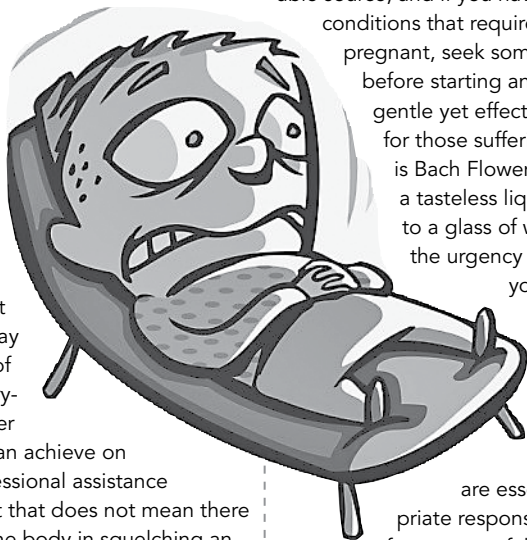


Lions, Tigers and Bears...Oh My, Anxiety!

BEING CHASED by one of these large mammals would put in motion a classic sympathetic response (fight or flight). The adrenals pump out epinephrine making the heart race, breathing quickens, and senses are enhanced, all of which are priming our bodies for a quick response. But far too often people are suffering from anxiety without the tigers. This worrisome condition occurs on many levels, many of which can benefit from some simple therapies.

Anxiety can exist as a general state, a feeling directed towards a certain situation, or an attack that seemingly comes out of nowhere. It leaves the sufferer in a state of loss of control, which is a frightening experience. It is also a rather draining experience, because as you can see above it is directing our resources to escape a seemingly threatening situation. Clearly this response is attempting to protect us...but from what? Each sufferer must answer this for himself or herself; pain, repressed trauma or emotions, or stress from family, money, work, etc. could all be potential triggers.

Awareness and exploration of the underlying reasons for anxiety is an essential step in its treatment. Finding that deeper connection to the moment, the spirit, the power that lies within is a key element. I often encourage my patients to seek this out through creativity...a way to tap into the depths of the self that I think everyone can access. Whether this is something you can achieve on your own or need professional assistance that is your journey. But that does not mean there are not tools to assist the body in squelching an attack. So let's explore some of these options.



First let's consider nourishing the nervous system so it is not so sensitive. This can be done with a quality B-complex vitamin taken at least

**Dr. Tracy Erfling is a
naturopath physician in the
Lower Columbia Region.
Questions?
erflingnd@hotmail.com**



once a day with some food. Another consideration here is adding some nervines (herbs which are specific to the nerves), some to consider are Oats, Kava Kava, Skullcap, and Passionflower these have a wonderful calming effect without being sedative. My note on safety here is to make sure to purchase herbs from a knowledgeable source, and if you have any pre-existing conditions that require medication, or are pregnant, seek some professional advice before starting an herbal therapy. A gentle yet effective tool to have around for those suffering from panic attacks is Bach Flower Rescue Remedy. It is a tasteless liquid that can be added to a glass of water and can help take the urgency off the situation so that you can be more reasonable in your response.

Next let's think about ways to improve adrenal function. Our adrenal glands are essential to our appropriate response to and recovery from a stressful situation. These small

glands which sit upon our kidneys are some of the most overworked in the endocrine system.

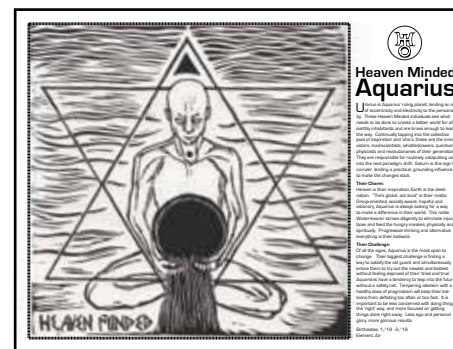
Ways to nourish these glands are often elusive to conventional medical practitioners, but naturopaths have some wonderful tools. One of them accessible to most all of us is exercise, an adrenal essential. Literally the adrenals need to exercise, and surprisingly the adrenal's response to a walk, swim, or bike ride is similar to that fight or flight response, but in a much more appropriate way. Adrenals also need routine. Try to have mealtimes, bedtimes, exercise, work schedules, and play time on as regular of a schedule as

possible, this will ensure the adrenals that their fight or flight response need not be so heightened. And of course good quality sleep is a necessity for the whole body, 10pm-4am is ideal for adrenal renewal.

Another very useful tool when experiencing anxiety is breathing. The use of rhythmic breathing at the onset or during an attack will give the body something to concentrate on and ideally divert its attention from the anxious response. Any practitioner of Yoga or Meditation will assure you of the power of the breath. If you spend the time to exercise this skill, it will give you the power to put you back in control. An easy pattern to start is five count in, hold five, five out. Many of my anxiety-suffering patients also have some sort of a mental routine they use when they feel an attack coming on (alphabetizing seems a common theme). And again it is a tool to divert attention and regain control.

So the next time you feel that bear of anxiety roaring through your body, find your tools to keep in control.

DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply, and MOVE your body EVERYDAY!



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CHEW ON THIS!

by Merianne Myers



ALL THIS talk about legalizing marijuana has me thinking. Things like 'what took you so long?' and 'hurry up, the state could use the cash' and 'I'm not getting any younger'. Unlike LSD which allows you to see God or meth which allows you to think you are God, or booze which doesn't allow you to see anything clearly, weed pretty much allows you to see chocolate brownies and the humor in almost any situation. Given that humor

actually exists in almost every situation, we can hardly consider that effect to be drug-induced.

I am aware that there are those who are certain, despite the science

to the contrary, that pot is addictive and fear legalization will set in motion the zombie apocalypse once and for all. My two cents worth on this (adjusted for dire economic times to actually be worth 1 cent) - if you are reading this, you are likely

undead. The apocalypse is here. It is, in fact, at hand at any given moment in the history of us.

It's the way of things, it's entropy, it's human frailty, it's the luck of the draw and I'm pretty sure it's not marijuana related.

On a planetary scale, we make messes and sometimes we bother to clean them up. We tend to roam from sitting on our collective keesters to careening about convinced our hair is on fire. In between we get some work done, raise some families, try our best and tend to think our best is better than the other guy's. If you are addicted to food, liquor, street drugs or medicine from your doc, you could righteously be perceived as someone who is smart enough to be scared witless by reality.

Life is precious, singular, fleeting and if done right, exhausting. Ideally, we are experiencing it in living color and real time not anesthetized out of our minds. That means we're entertained, awestruck and scared to death on a daily basis. So pardon me awfully for suggesting that an occasional cocktail or doobie is not only acceptable, it can be downright appropriate.

Oh, yes. A recipe. Marijuana optional. Pot required.

ABSOLUTELY LEGAL CHICKEN POT PIE
Makes 4 soup bowl-sized pies or 1 casserole.

- 2 carrots, peeled and chunked into bite-sized pieces
- 1 stalk celery, de-stringed and sliced
- 1/2 cup chopped onion of any color
- 1 1/2 cups chicken stock. If it's not homemade, choose low-sodium
- 1 cup fresh or frozen corn kernels
- 1 cup fresh or frozen peas
- 2 cups cubed cooked chicken
- 3 Tablespoons butter
- 3 Tablespoons flour
- 3/4 teaspoon salt

- Pepper to taste
- 1/2 cup milk or cream
- 1/4 chopped parsley (optional)
- 1 teaspoon chopped fresh sage (optional)
- 1 teaspoon chopped fresh thyme (optional)
- 1 basic pie crust

Preheat oven to 350.

I like to roast the vegetables in the oven - 400 degrees until fork tender. You can also simmer them in the stock until tender, strain them and reserve the stock.

In a pan over medium heat, melt the butter. Make a roux by adding the flour and herbs and stir for a few minutes until bubbly. Add the stock and milk or cream and stir until thickened.



Pour the sauce over the vegetables and toss. Brush the edges of the bowl with an egg wash to seal the crust. Place the crust on top, allowing the edges to overlap the top of the bowl and press them into the egg wash to seal in the goodness. Cut a couple slits in the top of the crust to vent steam, brush with remaining egg wash and pop in the oven for about a half hour or until crust is golden and the smell of dinner irresistible.

This is an easy one-dish meal that uses leftover chicken in a luscious way. You don't even have to make pie crust. Top with frozen puff pastry you have thawed, rolled out and cut to fit. Frozen phyllo sheets can be brushed with melted butter, layered four or five deep and cut to fit. Baking powder biscuits or corn bread make a fine and tasty topping too.



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Listening To The Land • Featured Speaker: Merianne Myers • Feb 19

Restaurateur, food activist explores the intersection of fine food and sustainability

RESTAURANT OWNER, food writer, gardener, local foods activist: Merianne Myers has been involved in producing, preparing, and sharing food all her life. Join Myers to explore how the local/sustainable food movement is playing out in Clatsop County in "Sustainable Food and Fish," the second of this year's five Listening to the Land programs, on Wednesday, Feb. 19, at 6 p.m. at the Seaside Public Library.

An Oregon native, Myers lived for many years in Hawaii and Texas before settling on Oregon's North Coast, where she has managed and owned restaurants on both sides of the Columbia River, including the former North Star restaurant in Gearhart. She is a former board chair of the Astoria Co-op, has

written about food for the Seaside Signal and Hipfish and other publications, and currently serves on the board of directors of North Coast Food Web. She and her husband also grow fresh produce for the regional food bank in four Hammond Community Garden plots.

What does the local, sustainable food movement mean at this latitude, on this coast, in this climate, and in this community? Myers will talk about gardening on the North Coast and cooking with locally sourced foods. She will explore innovative ways farmers and fishermen are marketing their products to local residents, including CSAs—community-supported agriculture—and a CSA-like program launched by a local

seafood company. And she will share artistry from her own kitchen in the form of recipes and even appetizers to taste.

Listening to the Land is a monthly winter speaker series presented by North Coast Land Conservancy and the Necanicum Watershed Council in partnership with the Seaside Public Library and with generous support from the Seaside Chamber of Commerce. This year's Listening to the Land series is focused on the voice of the artist. Programs take place at the Seaside Public Library on the third Wednesday of the month, January through May, at 6 p.m. To find out more about this series and our upcoming programs, please visit www.nclctrust.org

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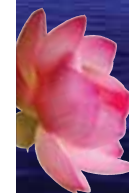
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Beers to Your Health Lecture Topic: Food Culture of Clatsop County

Astoria Co-op Teams up with AAUW

THE ASTORIA Co-op is teaming up with the American Association of University Women (AAUW) to host a lecture called "Food Culture of Clatsop County" in February. This is part of the Co-op's monthly food and wellness lecture series called "Beers to Your Health" at Fort George Brewery, and it is one in a series of monthly programs sponsored by the Astoria branch of AAUW. Founded in 1881, AAUW is a national organization whose mission it is to empower women through advocacy and education.

From farming to fishing, those attending will get to hear from some of the most prominent women shaping our local food scene. A panel of speakers includes Alana Kujala of Skipanon Brand Seafood, Kristin Frost Albrecht of OSU Extension and North Coast Food Web, Teresa Retzlaff of 46 North Farm and North Coast Food Web, plus Kelly Huckestein, a farmer and produce manager at the Astoria Co-op.

AAUW will lead the discussion in a question and answer format that the group traditionally uses at its candidate forums. AAUW President, Meredith Payton, came up with the concept of featuring local food culture in an educational way and asked

if the Co-op, a community-owned grocer, would like to be involved.

"The Co-op jumped at partnering with AAUW on this lecture, because the topic of local food is in line with the work we do, for example, sourcing from several farms within a 40-mile radius," Astoria Co-op Marketing Director Zetty Nemlowill said.



The Astoria branch of AAUW was founded in 1927. As the organization evolves it is innovating with new types of events and collaborations such as this food culture lecture with the Co-op.

"This is us getting out into a different

realm of the community to get new membership, to branch out to younger generations," Payton said. AAUW membership information will be available at the event.

The lecture is free and open to all ages. Those wishing to attend are encouraged to show up early as seating is limited to 60.

Thursday February 13, Doors open at 6 p.m. (food and drinks available for purchase) Presentation 7 p.m. to 8pm at Fort George Lovell Showroom, 1483 Duane St. Astoria.

Community Pruning Day

The Tillamook Count Master Gardeners are sponsoring a one-day Community Pruning Day on March 8, 2014. This is the eighth year for this event. The goal is to provide pruning assistance to those in Tillamook County who are unable to do so themselves due to physical limitations. There will be no charge for the help which will allow Master Gardeners to use some of the skills they have learned through the Oregon State University Master Gardener's program to benefit the Tillamook County community. The pruning will be done by qualified Master Gardeners, assisted by some of this year's apprentice Master Gardeners.

Pruning projects throughout Tillamook County will be considered, but limited to bushes, shrubs and small trees. Larger trees that would require the use of a ladder to prune will not be eligible for the program.

Applications for the pruning assistance program are available at the OSU Extension Office, 2204 Fourth Street, Tillamook or online at <http://extension.oregonstate.edu/tillamook/mg/tcmga>. The applications must be turned in to the extension office by Feb. 21st. For more information about the Master Gardener's Community Pruning Day, please call 503-842-3433.

FOOD GROOVE

2014 Festival of Dark Arts, "A Carnival of Stout."

Saturday, February 15th.

2-10pm. Fort George Brewery + Public House

ASTORIA'S FESTIVAL of Dark Arts is much more than a Stout Beer Festival. It's a one-day, "Carnival of Stout," put on by the Fort George Brewery + Public House. 2014's Carnival will not only feature 55 Stout beers on tap, but also special, house-made cuisine and one of the biggest, darkest, group of unique entertainers that the North Coast has ever seen in one day.

Spread out over the entire city block, a map will guide your way through the carnival. Main Entrances for mugs, tokens and festival paraphernalia can be found at the 14th St. door of the Lovell Brewery and the top of the 15th St. ramp in the Fort George Building.



Music & Vendors

Live music will be performed all day long at the 2nd Level of the Fort George Brewery + Public House. Along with a host of Stouts, check out the 2nd Level via the new outdoor spiral staircase, the path through the Strickland Garden, or from the lower Public House.

Albatross - 2pm

Ryan Sollee (of Builders & the Butchers) and friends.

Hook & Anchor - 5pm

Founded a mere year ago, Hook & Anchor is the project of Erik Clappitt (Clappitt, Gaddis & Buck, Power of County) on electric guitar and pedal steel, Luke Ydstie, Kati Claborn & Ryan Dobrowski (Blind Pilot) on bass, banjo and guitar, & drums, respectively, and Gabrielle Macrae (The New Five Cents, Macrae Sisters) on fiddle. Their first album, much anticipated by many Astorians, is due out in late spring, but keep an eye out for an advanced sneak-preview EP available only at the Festival of Dark Arts!

AU - 8pm

AU (pronounced "Ay-you") is the work of multi-instrumentalist Luke Wyland with Dana Valatka on drums and Holland Andrews on vox and clarinet. Their live show is wild and heavily rhythmic, bouncing between extremes of cacophony and minimalist restraint.

2014 Dark Arts Gallery - All Day

Taking over the Lovell Showroom, Dark Arts organizer and curator Jessica Schleif has assembled a grouping of visual art from some phenomenal local artists. Check out the Showroom for Stout and Dark Art, but also stick around for a live drawing event! Fellow drawers are encouraged to participate in a limited Dark Arts still life "Draw On." Bring a sketch book and pencils, sit and draw with a stout in hand. The best could just be shown at the 2nd Saturday Artwalk in March, during which the Dark Arts Gallery will again be featured.

Artists displaying work for the 2014 Dark Arts Gallery include: Agnes Fields, Darren Orange, Sally Lackaff, Sarah Hendrickson, Jamie Boyde, Miki Souza, Kristen Shauck, Anastatia Lane, and Roger McKay.

Belly Dancing by Jessamyn Grace - 7:30pm

Jessamyn began taking Egyptian Cabaret and Turkish style Belly Dance from Saqra and Aziza in 1994. For Jessamyn, Belly Dance is a way of putting aside the distractions of daily life and handing yourself over to your soul and passion. Check out Jessamyn's performance at the Dark Arts Gallery in the Lovell Showroom.

Live Ice Sculpture - All Day

Watch a piece of ice turn in to a piece of Dark Art in front of your Stout in the middle of the Fort

George parking lot. Hosted by PDX Ice.

Keepsake Tattoo - All Day

Tattoo artists take over the Brewer's Table for the 3rd year! Astoria artists, Chris Lee and Aaron Toledo of Astoria's Keepsake tattoo will be making their mark on the skin of stout enthusiasts in front of the Fort George Brewery's Little Miss Texas Brewery all day. Make reservations early!

Solstice Forge - All Day

David and Karen Curl will bring out the mobile iron forge to the Fort George Parking Lot to give demonstrations and offer their hand-forged iron art onsite. Look all over the Fort George campus and you will see examples of their art. See how it's made and take some home from the fest!

Fernhill Glass - All Day

A new addition to the Festival Grounds, Fernhill Glass will be offering glass blowing demonstrations and will have hand-blown glass items for sale all day.

NW Cigars Tent - All Day

Another new addition for 2014, NW Cigars will be sharing their bounty of dark tobacco in a special tent located outside the Strickland Gardens next to Fernhill Glass. Stouts and Stogies!

Clement + Sons Tintype Photography - All Day

A veteran of Fort George Stout, Giles Clement returns to take old time photographs using his finely tuned Tintype, or "Wetplate Collodion" style, from a camera built in 1905 and a lens crafted in 1849. These unique, dark photographs are exposed on a piece of glass or tin, and developed on-site. Find Giles inside the Lovell Brewery.

Psychic Siamese Terror - All Day

Psychic Siamese Terror is a non-terrifying divination business comprised of two gypsy spirited women, who have a knack for fortune telling. Through the divine arts of Tarot, Astrology, paranormal connections, and good humor, they are able to provide meaningful insight to any individual. Lovell Brewery.

Fire Dancing - 7pm

Bend's very own "Alice in Flames" will return for the 3rd year to put on their fantastic display of fire. Get to the Fort George lower parking lot early to secure a good spot to view the whole spectacle.

Fire Eater - 6pm

Brook Riddick, the Fiery Fool will be giving some laughs before attempting to regain his former Guinness World Record for fastest fire eater by swallowing 40+ torches in 30 seconds.

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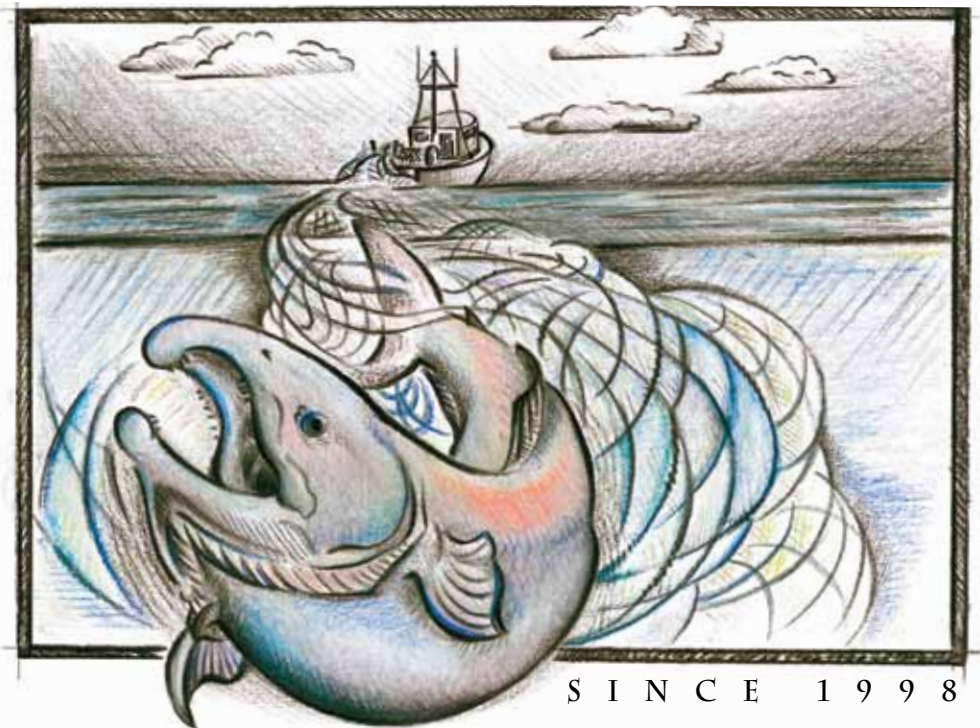
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